

**ANNUAL  
REPORT**  
**BREAKAWAY  
ADDICTION  
SERVICES**

2016  
-  
2017



# WHO WE ARE

## OUR MISSION

Our mission is to provide seamless, comprehensive and effective harm reduction services and a full range of addictions treatment services that are amenable to an individual's needs and goals. Our services are offered through community-based facilities with a focus on street and community outreach.

## REDUCING HARM & ENHANCING HEALTH

At Breakaway Addiction Services we are dedicated to providing treatment that includes all aspects of our client's lives and situations. We have always operated on a non abstinence or 'harm reduction' approach, which forms the philosophical basis for all our work, in reducing harm and enhancing the health of our clients. Harm reduction is a set of practical strategies that reduce the negative consequences of drug use, incorporating a spectrum of strategies from safer use, to managed use, to abstinence. We use a harm reduction framework to support people who use drugs, to live better according to their own definition of better, while addressing the conditions of use, along with the use itself.

## BOARD OF DIRECTORS

Aleksandra Cerovic  
Brian O'Connor  
Fred Ellerington, Chair  
Gordon Leung, Treasurer  
Janet Hicks  
Jessica Borlack  
Kelly West  
Melanie Webb  
Neha Trivedi  
Salman Kureishy  
Thomas Sullivan

## STAFF

Breakaway has a dedicated and passionate staff group who are committed to their work, and the people we provide services to. We would like to recognize each member of staff for their continued contributions to the work of Breakaway.

Akia Munga	Lesley Stoddard
Amit Robson	Lindsay Williams
Beth Collison	Liz Herlich
Carmel Hutchinson	Lori Naylor
Christopher Sankey	Madison Tooley
Claire McConnell	Marina Douglas
Claudine Tran	Melissa Pisante
Dennis Long	Mella Brown
Ellen Chang	Meredith Davis
Faith	Milyon Woldemichael
Gayla Forer	Mohak Ramnani
Gordon Seaman	Pamela Castelmezzano
Jacob Fernandes	Renee Sandler
Kate Phillips	Stephanie Venneri
Katrina Dunn	Stephen Chatterton
Kathy Hughes	Tracey Mann
Kylie Somerville	Tim McConnell

# MESSAGE FROM THE EXECUTIVE DIRECTOR AND CHAIR OF THE BOARD

2016-2017 has been a year of rapid changes in the field of addictions and substance use in Ontario. While this has been a year of challenges, our team has responded with innovation and resilience that continues to ensure that Breakaway is responsive to the needs of our program participants. We have had to be diligent in our response to the current overdose crisis while tapping into creative solutions in order to meet the needs of a rapidly changing demographic of people experiencing substance use challenges. We are proud to state that our staff and board has continued to be adept at adapting to this constantly changing set of conditions. Through all of this, we have continued to provide responsive, flexible, and compassionate harm reduction-based treatment and support to our clients.

An important example of our ability to creatively address gaps in services is exemplified by our Pieces to Pathways program. Through 3 years of careful evaluation, consultation, collaboration and innovation, P2P was able to develop a program that offers peer-led services to LGBTTTQQ2SIA youth. Because of the dedicated work of the P2P team, we were able to secure two one-time grants from the Toronto Central LHIN, and subsequently, we received a very generous donation from a private donor who funded this program for two years. As a result of this sustained support, Pieces to Pathways has just recently received ongoing funding from TCLHIN and is now fully integrated in our agency.

**1,238 individuals served**

**13,959 service appointments**

# MESSAGE FROM THE EXECUTIVE DIRECTOR AND CHAIR OF THE BOARD... CONTINUED

Like many communities across Canada, we have also been deeply impacted by the overdose crisis. In times of despair we have recognized that collaboration is an important ingredient in developing a grass-roots response that considers the needs of the communities we work with. As such we have responded by collaborating with the city of Toronto's Public Health department and the City's Drug Strategy Secretariat to advocate for an immediate Provincial response. Our advocacy efforts included: asking the Province to declare a public health emergency; to fast track the distribution of naloxone and to call for the establishment of supervised injection services. To date no emergency has been declared however naloxone distribution has been rapidly expanding and one of three SISs has been opened. These are small but important successes. Breakaway has supported the operation of the "pop up" overdose prevention site in Moss Park with volunteer time and materials. Soon we will become a naloxone distribution site and we will be able to provide naloxone kits and training in their use to the community. This crisis is far from over and it will continue to be a challenge that we work to address in the coming year.

Breakaway's strength lies in having strong Board of Directors, made up of dedicated volunteers who bring remarkable leadership, skills, and knowledge to the challenging task of leading our organization.

This year, the Board welcomed 4 new members. In the past few months the Board has embarked on a revitalization process. This included the development of a work plan which includes: revising the Board policies and procedures, developing a new strategic plan, and implementing a fundraising strategy. It is our hope that this vital work will ensure our continued success as an organization.

Our dedicated staff have continued to show a depth of compassion and care in their work. Being on the front lines is not without challenges and losses. We are fortunate to work with such committed and knowledgeable people who continue to provide light in times of despair.

Finally, many thanks to all our funders, the TCLHIN, MCYS, and our anonymous donor whose contributions allowed for Pieces to Pathways program to continue to run until it was able to secure permanent funding.

Respectfully Submitted

Fred Ellerington & Dennis Long



**PROGRAM  
REPORTS**

# SATELLITE CLINIC

## PROGRAM DESCRIPTION

The Satellite Clinic is a community-based, outpatient opiate addiction treatment service. The Satellite provides comprehensive services to people who are facing challenges related to their use of opiate drugs. Services offered at the Satellite include opiate replacement treatment (methadone and buprenorphine), counselling and therapy, case management, nursing care and health education, a drop-in resource centre, meal programs, recreational activities, space for peer support and community building, and access to resources such as needle exchange, food bank, and clothing. The multidisciplinary team at Satellite includes a medical doctor, nurse, addiction therapists, case managers, lab technician, and administrative staff.

## HIGHLIGHTS

This has been a special year for making connections for Satellite. Building on the wonderful donations made by Home Depot last fall, we were able to obtain grants from both the Parkdale Horticultural Society and the Ontario Horticultural Society. This allowed us to develop two garden projects: The pollinator garden and the food garden. The pollinator garden will help to assure that the railway corridor that we are neighbouring remains a viable path for monarch butterflies and a host of birds. In addition, we have teamed with an urban beekeeping organization, Alveol, and have become stewards to three honeybee hives. We will soon be serving our "Parkdale Blend" honey in our kitchen and we are hopeful that as we continue to work with Alveol we will find ways to increase client participation in the process of beekeeping.



Services  
provided to 101  
registered  
clients and 51  
anonymous  
clients



## SATELLITE CLINIC CONT'D

In addition, we have furthered our commitment to food security for clients. Through our partnership with West End Food Co-Op, we are able to offer clients healthy and sustainable food options from donations we receive. In addition, clients have created individual garden plots and, with the support from Parkdale Horticultural Society, we were able to provide plantings to clients allowing them to grow their own food. The garden has become an important piece of Satellite's repertoire of services: it offers a peaceful place to rest, to grow healthy food, to meet with others, to develop employable skills and, most recently, a place to make music together. In our view, it all adds up to good health care.



Hepatitis C and access to testing and treatment, remains a significant concern for the people we provide service to. To address this, Breakaway has developed a partnership with VIRCAN at the University Health Network, to provide Hepatitis C testing and treatment in the community. We hope that this partnership will allow testing and treatment to become more accessible for clients by offering this at the Satellite Clinic. Once implemented at the Satellite, learning from this experience will inform the expansion of this service to be accessible to all Breakaway clients.

The smoking cessation program, offered through the Satellite Clinic in partnership with CAMH STOP Study, continues to be a well-utilized service that is available to all Breakaway clients. This program offers counselling and free nicotine replacement products to support people's smoking cessation goals.

# FAMILY & YOUTH INITIATIVE

## PROGRAM DESCRIPTION

The Family and Youth Initiative (FYI) is a non-residential program developed to meet the needs of youth, aged 12 to 25, and their family members and friends who have substance use concerns. We deliver our services through a harm reduction approach, offering safe and non-judgmental services while addressing any concerns that arise from the use of substances. Our services are delivered in office, community, and in schools.



Provided  
counseling to  
224 youth and  
parents



Delivered 26  
groups and  
1,898 one-to-  
one sessions

## HIGHLIGHTS

The Family and Youth Initiative (FYI) works collaboratively with schools and social services to deliver accessible and responsive services to youth and their families. Our continued partnerships with the Toronto District School Board and the Toronto Catholic District School Board remain key to our engagement with youth in communities, allowing us to meet youth in schools for one-on-one counselling and therapy services, the delivery of group services, and to provide education and presentations to school staff, parent council and community service providers.

In collaboration with YouthLink and YorkTown, therapists from the FYI team have been offering counselling services through the What's Up Walk In programs. FYI staff are available at the What's Up Walk In to provide immediate mental health and substance use counselling for children, youth, young adults and their families.

Throughout the year, the FYI team has delivered a number of training sessions and presentations to community service providers related to harm reduction and youth substance use. Adult Information Night (AIN) continues to be a well-attended presentation at Breakaway. FYI staff facilitate this presentation for parents and other adults who want to know more about substance use, adolescent development and parenting styles.



# ADDICTION SUPPORTIVE HOUSING

## PROGRAM DESCRIPTION

The Addiction Supportive Housing (ASH) program is available to individuals 16+ who have problematic substance use and require stable housing. The program is offered in partnership with Regeneration Community Services.

The goal of this program is to increase the health and social well-being 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 supportive housing to people without requirements for engagement in addiction treatment or abstinence.



40 UNITS OF HOUSING



300 BREAKFASTS SERVED ANNUALLY

## HIGHLIGHTS

The ASH team was fortunate to have two new staff join the team: Jacob Fernandes and Amit Robson. In the past year, the team built partnerships with TCAT and Parkdale Community Crisis Response Core Group and we are expanding our outreach to include case management support for individuals who are homeless to prepare for housing readiness.

We have accessed recreational supports from our partner, Regeneration Community Services to take service users to the CNE, on a boat cruise and for BBQ in community Parks. In addition, we have run a weekly breakfast club to support building of community in the apartments where our clients are housed.

# PIECES TO PATHWAYS

## PROGRAM DESCRIPTION

Pieces to Pathways (P2P) is a peer-led initiative creating Canada's first substance use support program for LGBTTTQQ2SIA youth in Toronto. P2P provide alcohol and drug use support services for LGBTTTQQ2SIA youth ages 16 to 29 years old. The P2P model involves 3 components: community drop-in spaces, case management and support groups.

We are excited to share that as of October 2017, P2P has secured ongoing funding from the TCLHIN.

## HIGHLIGHTS

As a leader and innovator in the health care and social services sector P2P presented at a number of conferences this year, including: Ontario Peer Development Conference, Centre For Innovation's In Campus Mental Health Conference, Ontario Hospital Association's Health Achieve Conference, Emerging Adults Symposium, CMHA National Conference, and Canadian Centre for Gender and Sexual Diversity's LGBTQ+ Service Providers' Summit. P2P received significant recognition for their work this year. In June, P2P was awarded the Inspiring Community Organization of the Year Award through the Inspire Awards, Toronto's largest LGBTQ awards ceremony.

Throughout the year, P2P has been featured in several media outlets, including: CTV's news coverage of Recovery Day, and Tim and Faith were featured in This Magazine, an alternative media publication based in Toronto and distributed across Canada. The article listed Tim and Faith, as 1 of 25 "Kick-Ass Activists" making change in Canada.

## PIECES TO PATHWAYS CONT'D

P2P began hosting a monthly harm-reduction kit-making day and throughout the year has offered harm reduction outreach at a number of events in Toronto. P2P tabled and provided harm-reduction outreach at: SOY's Pride Prom, an alternative prom event for LGBTQ high schoolers hosted at Buddie in Bad Times Theatre, SOY's Fruitloopz Youth Stage during Pride, Phile Magazine launch party, and SOY's Monday Night Drop-In (Monthly). In partnership with Shoppers Drug Mart Pharmacy, P2P facilitated Overdose Prevention/Naloxone Training for 25 participants.

In addition to offering community drop-in spaces and case management services, P2P has been involved in the co-development and delivery of a 12 week DBT skills group for LGBTQ youth substance users In partnership with Stella's Place.

P2P remains actively engaged in community outreach initiatives. Some highlights this year include: P2P Postering Day, Open House and BBQ event for service user, service providers and community members.



# HARM REDUCTION OUTREACH

## PROGRAM DESCRIPTION

Our outreach team is guided by the principals of harm reduction which is to reduce any potential challenges or barriers that may arise for individuals who are using substances. We also have a commitment to ensuring that all individuals engaging in our services have access to social justice support, meaning we advocate for the respect and dignity of those who use substances.

## HIGHLIGHTS

This year we were fortunate to have two new staff members join the team: Melissa Pissante joined in October 2016 and Tracey Mann joined in April 2017.

This year we facilitated a workshop on Harm Reduction at George Brown College with second year students in the Assaulted Women & Children's Counselling/Advocacy program. This workshop was made especially informative with the knowledge and support of an HRO client who co-facilitated with the team.

This was a busy fall as we developed a new partnership with Therapeutic Paws of Canada for ongoing pet therapy for all Breakaway clients (welcome, Davis the pet therapy dog). Our team also joined the Frontline Worker Support Group, a monthly community group for Toronto area workers looking to give/receive support around grief, loss, stress, resiliency around our roles. We also resumed programming at Vanier, a women's prison, and we supported at Safe Injection Site at Moss Park.



93 individuals  
served



380 in person  
visits

# TORONTO OPIATE SUPPORT TEAM

## PROGRAM DESCRIPTION

The Toronto Opiate Support Team (TOST) operates throughout the City of Toronto to engage with and advocate for people who are using opiate drugs, opiate replacement medications, and have limited access to supportive services. TOST offers case management services, counselling, and training to service providers to increase awareness and capacity around opiate use and treatment. TOST works specifically with: Older Adults, Women, and Youth.



**Provided services to 57 registered clients,  
and consultation, group, and referral  
services to 337 unregistered clients**

## HIGHLIGHTS

TOST works collaboratively with a number of agencies, programs, and physicians in the community. These partnerships remain key to our engagement and work with service users. This year involved the strengthening of existing relationships and partnerships, and the development of a number of new relationships.

TOST continues to be recognized as a go-to service for community health and social service providers requiring information and education around opiate use. TOST has provided mentorship and a number of information sessions and consultations to community agencies over the past year.

TOST has continued to offer the “Just Say Know” substance use group for youth this year. This bi-weekly education and support group is offered in partnership with the YMCA’s Youth Substance Abuse Program and Yonge Street Mission’s Evergreen Drop-In Centre. A new group initiative this year involves a partnership with St. Michael’s Hospital and Coderix Medical Centre in the delivery of a bi-weekly Acceptance & Commitment Therapy (ACT) Support Group. In the year ahead, TOST will be partnering with the Narrative Therapy Centre to create a collective document with women who have experienced or been witness to overdose.

# GRIEF AND LOSS EDUCATION AND ACTION PROJECT

## PROGRAM DESCRIPTION

The Grief and Loss Education and Action Project (GLEA) is a 12-week group for women who are past or current substance users and who have lost children to child welfare services. The goal of the group is to give anyone who identifies as a woman a voice around their experiences of loss - by sharing experiences, learning about coping strategies and compassion for self, creating art, and exploring possibilities for social change.

The GLEA project is a multi-program collaboration at Breakaway. Staff from several programs have contributed to the development and operation of this project.

## HIGHLIGHTS

GLEA did not run a program cycle this year due to low levels of enrolment. Through our connections in community, we know that this is a much needed service, and our focus has shifted to better understand how to engage women in programming. This year, we revised the 12-week manual and are now exploring ways to strengthen this offering within the agency and the community. Currently, we are working on holding a "reunion" meeting for past participants and an opportunity to generate ideas about how to engage other women in the Grief and Loss 12-week program. This will also involve an in-depth consultation with specific community agencies to assess needs and engage potential participants.

# TRAINING AND CAPACITY BUILDING

Breakaway continues to provide leadership and expertise in the community health care, social service and addiction sectors. We provide training, and capacity building in the community around issues of substance use, harm reduction, population specific services, and trauma. Some highlights from the work we have done this year include:

- Youth and Opioids (Provincial Webinar), presented to the Registered Nurses Association of Ontario
- Secondary Trauma and Self-Care, presented at the Provincial Coroners Annual Conference
- Self-Care, presented to the Provincial Coroner's Office
- Trauma 101, presented to Four Villages Community Health Centre
- Gaining Ground, Women and Harm Reduction (with Toronto Public Health)
- Narrative Approaches to Women and Harm Reduction, presented at Narrative Therapy Centre, Trauma Intensive Training
- Substance Use and Harm Reduction, presented at Parkdale Collegiate - Health Week
- Harm Reduction and Therapeutic Practices for Working with Youth with Concurrent Disorders, presented at Youthlink
- Harm Reduction, presented to second year students in the Assaulted Women's and Children's Counsellor/Advocacy Program at George Brown College
- Stop the Stigma, presented at TCDSB
- Trans 101 training, presented to the Salvation Army - Homestead, women's addiction treatment center and the transitional-aged youth program and McEwan House at LOFT Community Services
- Trans 201 training, presented to the transitional-aged youth program and McEwan House at LOFT Community Services
- Providing Inclusive and Comprehensive Care to LGBTQ Youth Substance Users, presented to The Jean Tweed Centre
- Harm Reduction, presented to the Egale Centre
- LGBTQ Assessment and Audit of Renascent Treatment Centres
- Disability Justice and Substance Use in relation to LGBTQ Youth, presented to students at George Brown College
- Providing Inclusive and Comprehensive Care to LGBTQ Youth Substance Users, presented to students in the Critical Perspectives on Mental Health course at York University
- Supporting Youth with Addictions, presented at the Center for Innovation in Campus Mental Health Webinar Series

Breakaway is committed to the professional development of staff, the implementation of best practices, and ensuring that the diverse needs of the clients we provide services to be met. Highlights from this year's staff training include:

- Indigenous Women and Trauma, Native Women's Resource Centre
- Structural Dissociation, Janina Fisher
- Working with Trauma-related Dissociation and Complexity, Webinar Program Level III Janina Fisher
- Personality Disorders, Provincial Opioid Case Manager's Network
- Chronic Shame, Patricia De Young
- New Frontiers in Trauma Treatment, Bessel van der Kolk
- Sensorimotor Psychotherapy, Sensorimotor Psychotherapy Institute
- Sensorimotor Psychotherapy Level II- Developmental and Attachment related trauma, Sensorimotor Psychotherapy Institute
- Ontario College of Social Workers and Social Service Workers Annual Day of Education
- Introduction to IDEAS Program, Excellence through Quality Improvement Project, Improving and Driving Excellence Across Sectors
- GAINS Q3 MI Certification
- First Aid/CPR Training
- Community Health Leadership, Rotman School of Management, University of Toronto
- Crisis Prevention (CPI)
- Gestalt Therapy Training Program
- Deep Diversity Training
- Hepatitis C in Primary Care & Drug and Alcohol Settings, International Network on Hepatitis in Substance Users
- Grief and Loss, Provincial Opioid Case Manager's Network
- Overdose Awareness and Prevention, Canadian Harm Reduction Network
- Safe at Home Conference, Preventing Housing Unit Takeovers
- Human Trafficking, Native Women's Resource Centre
- Narrative Approaches to Suicidal Thoughts and Self-Harm, Narrative Therapy Centre
- Sex Work - Support to Report, Bad Date Coalition
- Relational Psychotherapy, Toronto Institute for Relational Psychotherapy
- American Society of Addiction Medicine Conference
- Canadian Society of Addiction Medicine Conference
- Advanced Issues in Smoking Cessation Conference
- Smoking Cessation in Women Across the Lifespan, CAMH
- Turning a Blind Eye: Implementation of Harm Reduction in Transitional Settings, Canadian Harm Reduction Network



# PARTNERSHIPS & COLLABORATION

Breakaway plays an important role as an adviser, advocate, and contributor to a number of networks, committees, and working groups that are addressing the health and social factors that impact the clients we work with. Highlights from this year's involvement include:

- Human Trafficking (Regional HIPS Committee)
- Toronto Urban Health Fund Review Panel
- Overdose Emergency Network
- City of Toronto Needle Exchange Coordinating Committee
- Addiction Services Provider Working Group (ASPWG)
- Health Quality Ontario, Opioid Use Disorder Quality Standards Committee
- Program Advisory Committee, Addiction and Mental Health Certificate Program -Humber College
- Overdose Coordinating Committee, City of Toronto
- Toronto Alliance to End Homelessness (TAEH)
- Toronto Research Group on Drug Use (RGDU)
- Narrative Therapy Peer Network
- Toronto Public Health Overdose Support Strategies
- Mental Health and Addiction Youth Network (MAYN)
- Lived-experience Reference Panel, Mental Health and Addictions Leadership Advisory Council, MoHLTC
- Provincial Opiate Case Manager's Network (POCMN)
- Concurrent Disorders Support Services Working Group
- Supportive Housing for People with Problematic Substance Use Working Group (SHPPSU)
- Toronto Harm Reduction Alliance
- Toronto Harm Reduction Worker's Union
- Parkdale Community Crisis Response Core Group
- West Toronto Health Links
- Community Advisory Committee on Research (CAMH)
- Toronto Drug Strategy Implementation Panel
- Sex Trafficking Advisory Committee
- Integrated Coordinated Care Committee, TCLHIN
- Mother Risk Commission Consultation Group
- Ontario Mental Health and Addictions Alliance (OMHAA)
- Addictions and Mental Health Ontario Leadership Council
- Central Access Point Planning Committee
- Canadian Research Initiative in Substance Misuse (CRISM)
- Ontario Medical Association, Addiction Medicine
- Youth Addictions Working Group, Mental Health and Addictions Leadership Advisory Council, MoHLTC
- Parkdale Anchor Roundtable
- Parkdale Community Economic Development Roundtable
- Centre Talks Committee - The Centre for Urban Health Solutions, St. Michael's Hospital
- Transitional-aged Youth Mental Health and Addictions Working Group, TCLHIN

Breakaway is proud to contribute to the education and development of future professionals in the field. Students from the following programs completed training and field placements with Breakaway this year:

- York University, Master of Social Work
- Humber College, Mental Health and Addictions Graduate Certificate Program
- Yeshiva University, Master of Social Work
- George Brown College, Assaulted Women's and Children's Counsellor/Advocate Program
- Dalhousie University, Master of Social Work
- University of Toronto/CAMH Psychiatry Residents
- Ryerson University, Nursing (BScN)

Breakaway thanks our community partners and the contributions they have made this year to supporting our work and the clients we provide services to.

- Alveol
- Brands for Canada
- CAMH – STOP Program (Smoking Cessation)
- CHUM City Christmas Wish
- Daily Bread Food Bank
- George Hull – Clear Directions
- Jean Tweed Centre
- Regeneration Community Services
- Sketch
- SOY (Supporting Our Youth)
- Stella's Place
- St. Mike's Family Health Team
- Toronto District School Board
- Toronto Catholic District School Board
- Toronto Public Health
- Youth Substance Abuse Program (YSAP)
- West End Food Co-Op
- VIRCAN
- What's Up Walk-In (YorkTown and YouthLink)
- Therapeutic Paws of Canada