# Annual Report 2017-2018 BREAKAWAY addiction services

### Message from the Executive Director and Chair of the Board

We are currently in a period of rapid changes in the fields of mental health, addictions, and substance use in Ontario. Additional attention, recognition, and funding have been committed to tackling these challenges. However, like many communities across Canada, we have been deeply impacted by the opioid crisis and other emerging challenges. On the horizon, legalization of cannabis and the related impact on the prevalence of substance use and addictions are yet unknown.

Breakaway's Board continues its excellent work, and have added strong members to the group. This year theBoard developed, and implemented governance policies and procedures, produced a formal work plan, and a new strategic plan. We appreciate the efforts of Brian O'Connor, and Salman Kureishy, who undertook the bulk of the work on board policies and procedures and to Thomas Sullivan and Kelly West who led the development of our new strategic plan. Through all of these changes to the environment in which we operate, we remain flexible and will continue to provide responsive harm-reduction based treatment and support to our clients. We would like to thank staff and management for their ongoing commitment to the well-being of our clients. Our dedicated staff, continue to show a depth of positivity, support, and compassion in their work. Being on the front lines is not without challenges, but we are fortunate to work with such committed, collaborative, and professional individuals.

Fred Ellerington, Chair of the Board & Dennis Long, Executive Director

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### **Our Mission**

To provide comprehensive addictions treatment services designed to meet individual and community needs and enhance the health of our clients through a harm reduction and trauma-informed approach.

### **Our Values**

Harm-reduction + Trauma-informed Strengths-based + Client-centred Accessible + Inclusive + Flexible Team-based + Collaborative Authentic + Professional Intersectional + Culturally-safe Evidence based + Outcome measured Safe + Positive + Supportive



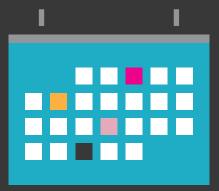
Fred Ellerington, Chair Melanie Webb, Vice Chair Brian O'Connor, Secretary Dan Lamothe Janet Hicks Kelly West Neha Trivedi Salman Kureishy Thomas Sullivan

### Staff

Akia Munga Amit Robson Amy Druker Beth Collison Carmel Hutchison Christopher Sankey Claud Tran Dawn McLeod Dennis Long Ellen Chang Faith Gayla Forer Gordon Seaman Jacub Fernandes Jean Malig Katrina Dunn Kathy Hughes Kylie Somerville Lesley Stoddard Lindsay Williams Liz Herlich Lori Naylor Madison Tooley Marina Douglas Marissa Martins Melissa Pisante Mella Brown Milyon Woldemichael Mohak Ramnani Pam Castelmezzano Renée Sandler River Bowen Stephanie Venneri Stephen Chatterton Tracey Mann Tim McConnell



# This year we served **4,198** individuals



# provided **20,172** service appointments



and distributed **180** Naloxone kits

eports rogram

## Family and Youth Initiative (FYI)

#### **Program Description**

The Family and Youth Initiative (FYI) is a nonresidential 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. Services offered in the FYI program include: assessment and referrals, individual and family therapy, school outreach, outreach counselling, and community education.

#### **Program 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. This allows 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. This year saw the development of new relationships with local schools and several new group initiatives to support youth with substance use prevention and harm reduction.

The FYI team continues to provide substance use counselling services through the What's Up Walk-In program in collaboration with YouthLink. Through the What's Up Walk-In service, children, youth, and young adults can access immediate mental health and substance use support.

Throughout the year, the FYI team has delivered a number of trainings and presentations to community service providers. This year saw an increase in requests for education and consultation both in the community and in schools related to cannabis legalization and 293 Registered Clients 2,287 Annonymous Clients 1,938 Individual Sessions 71 Group Workshops 2,009 Total Sessions

impacts for youth. The FYI team continues to offer the Adult Information Night (AIN) on a monthly basis. This presentation, designed for parents and other adults, provides a space to learn more about substance use, adolescent development, and effective parenting approaches.

Leading up to the launch of a centralized point of access for youth mental health services in Toronto, the FYI team was trained and certified in the use of the InterRAI Child and Youth Mental Health Screener (ChYMH). Implementation of this tool ensures continuity of care between services and ease of access to any additional services youth in our program may need.

Recently, the FYI team partnered with The Hospital for Sick Children's Telepsychiatry program. Through this partnership, the team has been able to access regular psychiatric and addiction medicine program consultation services to support our work with youth and families, and gain quick access to psychiatric assessments when needed.

## Addiction Supportive Housing (ASH)

#### 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.

### **Program Highlights**

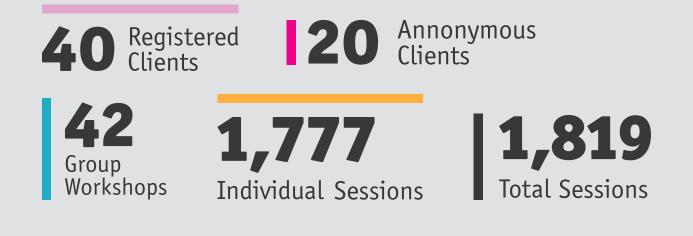
This year saw strengthened relationships and positive impacts from the advocacy and service coordination that we provide to the people in our addiction supportive housing program. The development of individualized service plans ensured that people in our program are receiving the appropriate support to maintain secure and stable housing.

Building community and a sense of belonging remains integral to our program's goals and we continue to offer spaces and opportunities for peer support and social inclusion through regular weekly meal programs and recreational and social opportunities.

We conducted client feedback surveys that demonstrated the many positive impacts that supportive housing has had on our client's lives and wellbeing. These included: meaningful volunteer work, part-time and full-time school and employment, increased stability, healthier lifestyle choices and habits, improvements in housing and living conditions, and increased contact and positive relationships with friends and family. These outcomes continue to demonstrate that the housing first model works!

The team saw a number of staff changes. Jacub Fernandes transitioned to a new role at Breakaway in the Satellite Opiate Treatment Program, and the team welcomed Marissa Martins as the new Client Support Worker.

In the year ahead, the program will begin to offer housing readiness workshops to support individual's success as they transition into supportive housing. In addition, we are developing our capacity to distribute harm reduction supplies and naloxone training more widely to have a greater impact reducing the harms experienced by the overdose crisis.



## Harm Reduction Outreach (HRO)

#### **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.

Our team is able to offer services to individuals within the Toronto area. We can meet you in a place where you feel most comfortable, whether that be in a local coffee shop, community space, in a park or at our office. We provide free access to safer-sex and safer use kits, offer case management services, crisis intervention, one-toone counselling, advocacy and support services.

### **Program Highlights**

This was a very successful and active year for our program. We saw the establishment of new initiatives and the re-development and strengthening of existing projects and partnerships. We have successfully re-established our relationship with Vanier Prison for Women and have been delivering a weekly harm reduction and counselling group. This year we also began the process of re-starting a historically important and active initiative, "join-In and Stay Out". In partnership with Parkdale Queen West CHC, we are beginning to implement this program to support women with criminal justice system involvement.

We are very proud to share that we were able to provide responsive and effective services to everyone on our waitlist this year. This was greatly supported by welcoming Claud Tran to the team to provide practical and case management support to the people our program serves.

We continue to have a successful partnership with Therapeutic Paws of Canada. Our monthly Dogtherapy drop-in with Davis remains a welcomed addition to Breakaway.



## Pieces to Pathways (P2P)

#### **Program Description**

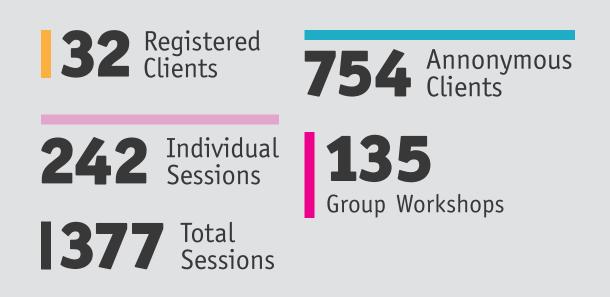
Pieces to Pathways (P2P) is a peer-led initiative creating Canada's first substance use support program for LGBTTQQ2SIA youth in Toronto. P2P provides alcohol and drug use support services for LGBTTQQ2SIA youth ages 16 to 29 years old. The P2P model involves 3 components: community drop-in spaces, case management and support groups.

#### **Program Highlights**

This has been a very exciting year as our program continues to grow and develop. Considerable time and attention has been put toward ensuring that our newly funded and growing program is meeting the needs of the community we are dedicated to serving. This has involved the development of new policies and procedures to strengthen and ensure cohesion with our program vision. We have recently restructured our 3 weekly evening drop-ins to improve our ability to provide effective services. In addition, we have developed a formal conflict resolution and restorative justice process to better support the program and its participants. There have been a number of staff changes and transitions to new roles this year. P2P also welcomed Jean Mallig and River Bowen to the team as relief workers. In the year ahead, we look forward to being able to welcome additional relief staff to further support or program.

P2P continues to have a partnership with Stella's Place in the delivery of a DBT group for Queer and Trans youth who use substances. Our ongoing partnership with St. Michael's Hospital's Family Health Team continues to ensure that the people we provide services to can have access to primary care services. A number of existing and newly established partnerships this year have strengthened our ability to provide responsive harm reduction and substance use services to LGBTTQQ2SIA youth in Toronto.

Looking to the year ahead, our team will be exploring ways to increase our outreach efforts and to continue to build our program and staff capacity to provide for the needs of our service users.



## Toronto Opiate Support Team (TOST)

#### **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.

#### **Program Highlights**

TOST continues to work collaboratively with various community service providers and physicians in their delivery of accessible and responsive services to people who use opioids. This year saw a strengthening of existing relationships and the development of a number of new initiatives to meet the changing needs of community.

TOST expanded the youth age mandate from 16-25 to 16-29 this year. This change was made to reflect a more developmentally informed definition of youth and to increase our capacity to respond to the needs of the communities we serve.

In collaboration with Yonge Street Mission's Evergreen Drop-In Service and the Youth Substance Abuse Program, TOST restructured the youth group program "Just Say Know". This new module approach is a change from the previous drop-in based group and is designed to focus on cannabis use, legalization, and impacts for youth.

Responding to the needs of older adults in the program, a new group has been developed to



support clients transitioning from individual services. This group, designed for clients ending service, creates a peer support space to build upon the relapse prevention and coping skills clients have gained in their one to one work.

This year TOST began offering drop-in services at the Moss Park Overdose Prevention Service to meet the needs of women accessing this service. During this time, women are able to connect with a TOST worker for referrals, practical support and advocacy.

In addition to our direct work with clients, TOST remains committed to developing the capacity of health and social services to work effectively with women, youth and older adults using opioids. This year TOST has provided a number of consultations, trainings and information sessions to community agencies and service providers.



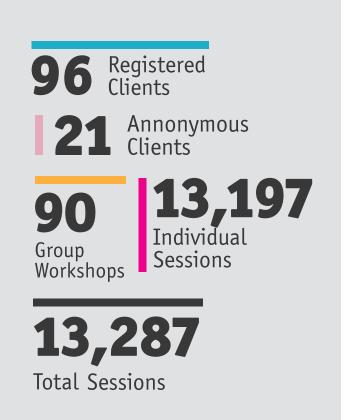
## **The Satellite Clinic**

### **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 agonist treatment (methadone and Suboxone), counselling and therapy, case management, nursing care and health education, a drop-in resource center, 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.

#### Program Highlights

The Satellite welcomed two new additions to our staff team this year. Jacub Fernandes, who previously worked in Breakaway's Addiction



Supportive Housing Program, joined the Satellite team in a dual role of Therapist and Client Support Worker. More recently, Satellite welcomed Dawn McLeod to the team who is in the role of Client Support Worker. Our new staff composition has allowed us to respond effectively to more requests for opioid treatment services. The Satellite also welcomed a new consulting psychiatrist, Dr. Pamela Stewart to support us in our work with services users with concurrent mental health and substance use concerns.

The Satellite implemented the Ontario Perception of Care (OPOC) tool this year. OPOC is a validated and extensively tested questionnaire that was developed by CAMH to measure client perception of care in mental health and addiction services. Our initial piloting of the tool resulted in a 50% client participation rate, and provided us with important feedback about client's experiences in the program. The feedback we received was overwhelmingly positive! Clients reported positive experiences entering services, receiving treatment, and feeling safe and supported by staff.

The Satellite also receives feedback on a monthly basis from its Client Advisory Group. This group, made up of active service users, acts as a link between the client group and program. This group provides advice and guidance on the program to ensure that the services offered meet the needs and concerns of service users while exploring ways to build community and peer involvement. The committee is currently undergoing a review to explore how to build broader participation and representation of the community we serve.

The Satellite continues to be partnered with VIRCAN to deliver Hepatitis C testing and treatment to clients. Access to dry blood spot testing, which is performed via finger poke, as opposed to a traditional blood draw, removes many of the barriers the folks we work with experience thereby improving access to screening and ultimately treatment. Recently VIRCAN provided onsite testing for all Breakaway clients and in the year ahead we are looking to offer Hep C treatment on-site to further improve accessibility. Building upon our commitments to reduce isolation and increase connection, the Satellite has been offering opportunities for clients to share and build skills with one another. This year we began offering a music space for clients to come together to play music and share their skills. Moving forward, the Satellite will be hosting a monthly client outing/event, and continuing to foster spaces for clients to pursue and share their interests and passions with one another. Our community garden continues to be an important component of our program offering a peaceful place for clients to spend time, grow food, and develop new skills.

Tuli, Satellite's resident therapy dog, continues to add therapeutic value to client's experience at the Satellite. Many clients report finding her presence in their medical appointments contribute to feelings of relaxation in the space.



Tuli, Satellite's resident therapy dog.

### **New Initiatives**

This year saw the development of a number of new initiatives. Some highlights include:

Breakaway's Occupational Health and Safety Committee hosted its first "Food and Fun" Staff Gathering. This event brought together staff from all teams for a social and enjoyable afternoon. The focus of OHS has traditionally been on "safety" and we are now exploring ways to increase the focus on health and well-being. The Food and Fun events will be held twice annually and aim to infuse fun into the workplace and strengthen community for staff to support us in the challenging work we do.

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This year, Breakaway staff participated in the Good Grief Care Working Group, Impact Debriefings and trainings offered through the AIDS Bereavement and Resiliency Program of Ontario in response to the overdose crisis and the impacts on frontline workers. Following this. Breakaway developed a "Good Grief" policy for the agency to address the issues that arise from experiences of loss, grief and trauma in the workplace and set out a process for supporting staff through these experiences.



We have developed a new monthly peer clinical consultation group called "Peer Connection and Consultation". These meetings provide staff with a space to consult with each other regarding clinical questions and challenges and share wisdom and resources with one another.

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Beginning in the Spring of this year, the Grief and Loss Education and Action Project - Alumnae Group, brought together past participants of Grief and Loss groups from Breakaway and South Riverdale Community Health Centre for monthly meetings at Breakaway. Meetings included a group activity, discussion, and the development of coping skills.



This year we began piloting an agency wide drop-in service on Mondays. This space was created to provide a flexible and open space for clients of the entire agency to feel welcomed and access resources.



### **Trainings & Presentations**

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:

- ► Harm Reduction 101, SOY
- Overdose Response and Naloxone Training
- Documentation through a VAW lens, Gaining Ground
- ► Safer Drug Use Panel, George Brown Campus Week
- ► Harm Reduction through a Narrative Lens, Narrative Therapy Centre
- Residential Need for Women Who Use Opiates, The Jean Tweed Centre
- Narrative Therapy Centre, Summer Intensive
- Harm Reduction in Practice, Parkdale Queen West CHC
- Working with Women, META:PHI Special Population Considerations
- De-escalation and Boundary Setting, Moss Park OPS
- Youth and Family Substance Use Services at Breakaway, Healthy Schools and Substance Misuse Prevention Team at TPH
- Opioid Crisis, Public Lectures
- George Brown College Mental Health Conference, Guest Speaker
- ► TDSB Stop the Stigma Event, Guest Speaker
- TDSB Safe Schools Conference, Guest Speaker
- Harm Reduction 101, George Brown College
- Harm Reduction, Public Health Class, UofT

## **Professional Development**

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:

- Impact Debriefing Support for Individuals and Teams Responding to Overdose, ABRPO
- Addictions and Mental Health Ontario Conference and Leadership Forum
- Level 1 Sensorimotor Psychotherapy Training
- Ontario College of Social Workers and Social Service Workers Annual Meeting and Education Day
- Dr. John Arden's "Mind-Body-Gene: Toward the Integration of Psychotherapy"
- ► Level II of The Sensorimotor Psychotherapy<sup>™</sup> Training Program in Affect Regulation, Attachment, and Trauma- Diploma
- Relational Psychotherapy, Toronto Institute of Relational Psychotherapy
- ► Naloxone Train the Trainer
- ECHO Hep C, Toronto Centre for Liver Disease at Toronto General Hospital
- Cannabis and Smoking Cessation, CAMH
- ► Trauma Informed Smoking Cessation, CAMH
- Tobacco, Depression and Anxiety: Evidenced based Treatment approaches to Smoking Cessation, CAMH
- Smoking and Opioid Use, CAMH
- Overview of CBT and Mindfulness for Smoking Cessation, CAMH
- Cannabis Legalization and Health Care, CAMH
- GAIN Q3 MI Certification
- InterRAI Child and Youth Mental Health Screener (ChYMH)
- Prep (pre-exposure prophylaxis for HIV) Guidelines, CATIE
- ► Black Health as a Public Health Issue, CATIE
- ► Youth and Smoking Cessation, TEACH CAMH
- ► Introduction to Human Trafficking, EENet
- Treating the Invisible Wounds of Sociocultural Trauma: A Multicultural Relational Perspective, Ontario Association of Marriage and Family Therapists

- Working with Extreme States, Toronto Institute for Contemporary Psychoanalysis
- Support Strategies to prevent Overdose, Toronto Public Health
- Sexual Violence and Human Trafficking, Native Women's Resources Centre
- Navigating Suicidal Thoughts, Narrative Therapy Centre
- Front-line Worker's Forum
- Good Grief Care, ABRPO
- Overdose Locations and Details, Toronto Public Health
- Taking Your Anti-Racism Work To The Next Level
- Busted, A History of Canada's Drug Prohibition, Susan Boyd
- ► Trauma Intensive, Narrative Therapy Centre
- Therapeutic Touch, level 1
- Gestalt Therapy Training Program (3rd year), AAGT
- Emotion Focused Family Therapy
- Treating Trauma Master Series, National Institute for the Clinical Application of Behavioural Medicine
- Working with Trauma-Related Dissociation and Complexity Level III, Webinar Program led by Janina Fischer, PhD
- Certificate in Cognitive Behavioural Therapy, Hincks Dellcrest
- Motivational Interviewing, Sick Kids Centre for Community Mental Health Learning Institute
- ► Case Management, Toronto Hostels Training
- American Society of Addiction Medicine Conference
- Opioid Use Disorder Treatment in Primary Care, Conference
- Narrative Therapy Level 1 Training
- Justice Doing in Community Work and Therapy: Solidarity Groups and Collective Care

### **Student Placements**

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
- Ryerson University, Nursing (BScN)
- ► George Brown College, Assaulted Women and Children, Counsellor Advocate Program

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:

- National Institute for the Care of the Elderly (NICE) Stakeholder Consultation participant for The Invisible Epidemic: A Spotlight on the Opioid Crisis Among Seniors
- BrainXchange Behavioural Supports Ontario - Older Adult Substance Use Collaborative
- Addiction Services Provider Working Group (ASPWG)
- Program Advisory Committee, Addiction and Mental Health Certificate Program, Humber College
- Mental Health and Addiction Youth Network (MAYN)
- 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

- West Toronto Health Links
- Community Advisory Committee On Research (CAMH)
- Toronto Drug Strategy Implementation Panel
- Integrated Coordinated Care Committee, TCLHIN
- Ontario Mental Health and Addictions Alliance (OMHAA)
- Addiction 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 Leadership Advisory Council, MoHLTC
- Parkdale Anchor Roundtable
- Parkdale Community Economic Development Rountable
- Centre Talks Committee The Centre for Urban Health Solutions, St. Michael's Hospital

- Transitional-aged Youth Mental Health and Addictions Working Group, TCLHIN
- Overdose Emergency Network
- Parkdale Youth Services Provider Network
- Toronto Alliance to End Homelessness
- Toronto Research Group on Drug Use
- Narrative Therapy Peer Network
- Toronto Public Health Overdose Support Strategies
- Parkdale Collegiate Institute Grounds Enhancement Committee
- Psychiatry Training, CAMH/ University of Toronto
- Rapid Access to Opioid Treatment Protocol, Durham Region
- Cannabis Working Group, Ryerson University

### **Partnerships**

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

- Alvéole
- Brands for Canada
- CAMH STOP Program (Smoking Cessation)
- Canada Summer Jobs
- Christie Ossington Neighbourhood Centre
- CHUM City Christmas Wish
- Covenant House
- Daily Break Food Bank
- ► EGALE
- Jean Tweed Centre
- LAMP
- Parkdale Queen West Community Health Centre
- Regeneration Community Services
- Sketch

#### SOY (Supporting Our Youth)

- Stella's Place
- ► St. Michael's Hospital Family Health Team
- The Hospital for Sick Children Telelink Mental Health Program
- Therapeutic Paws of Canada
- 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 (Youthlink)
- Yonge Street Mission Evergreen Drop-In
- YouthLink

### **Funders**

The ongoing commitment of our funders, the Ministry of Children and Youth, and our primary funder, the Ministry of Health and Long-Term Care (via the Toronto Central LHIN), make it possible for us to offer accessible and effective substance use services and reach our mandate to reduce harm and enhance health in our community.

### Donors

We would also like to extend our gratitude to the many private donors whose generosity makes an important impact on the people we provide services to.

**Donate to Breakaway!** Visit our website to find out more www.breakawayaddictions.ca/support-us/



#### **Breakaway Addiction Services**

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