



ANNUAL REPORT 2018-2019

BREAKAWAY

Reducing Harm, Enhancing Health

MESSAGE FROM THE CHAIR OF THE BOARD AND EXECUTIVE DIRECTOR

Breakaway Addictions Services, along with our clients, are currently experiencing a period of rapid changes in the fields of mental health, addictions, and substance use in Ontario. Over the past year, our agency also experienced significant leadership change, as our founding Executive Director, Dennis Long, retired after 30 years of committed service.

Our founding Executive Director worked closely with the board to help us find our mission, vision, and values; to lead us through previous periods of change as we expanded our strategies and services to the community; to create meaningful connections across the sector; and perhaps most importantly, to bring together the fabulous and deeply committed people that work at Breakaway.

But no organization can rely solely on its founders. To be sustainable, you need the right balance among the right people, processes, networks, and values. As we turn this new page within the organization, I'm excited and optimistic about our new Executive Director, whom is a natural leader that fits seamlessly with our team and unique culture.

As we welcome her and some other new faces on our leadership team, I remain grateful to the resounding commitment of the Board of Directors, the Breakaway staff, and our partners.

Though the experience of change is rarely easy, with that change comes possibility. I'm confident that together, we will continue making steady progress with our strategic plan, and continue providing critical services that meet community needs.



- Thomas Sullivan, Chair of the Board

It was obvious from the moment I walked in the door that Breakaway is an exceptional place. As I started meeting service users, I witnessed the smart and seasoned staff truly meeting folks where they are at. The focus is to support, advocate for and bring love to the lives of those we have the privilege of working alongside. Our programs are nimble and responsive to the changing needs of the population.

Over the next year we are focusing on quality improvement projects. We will start by asking service users and clients how we can better meet their needs. How do we make health care accessible and barrier free? How do we give clients control over their own health care needs? How do we foster their sense of agency to live out their preferred lives?

My first client opiate overdose death shook me to my core. I will not accept that this is something I "just get used to." There is no denying that Toronto is in the middle of a public health crisis. People are dying isolated and alone. We, as a city and a province, must do better. We need innovative responses to the crisis that address the social determinants of health: adequate housing for all, support and love for vulnerable community members, Naloxone on every corner, expanded opiate treatment options, and trauma informed and anti-oppressive therapy. We need to stop reacting and be more proactive. We need to support youth as they navigate substance use and trauma. We need meaningful training and support for our staff who have experienced impossible amounts of grief and continue to bring their best selves to work everyday.

Thank you to the staff and board, for your warm welcome and patience during this transition. I am honoured and feel a deep sense of responsibility to protect and build upon Breakaway's 30 years of indispensable services.



- Nicola Bangham, Executive Director

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.



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

BOARD

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PROGRAMS AND SERVICES

Addiction Supportive Housing

In collaboration with Regeneration Community Services, the supportive housing program provides stable and long term housing to individuals 16+. The program is based on a Housing First Model. Housing First is a harm reduction, client centered evidence-based approach to ending homelessness. The housing first approach is centered on the concept that housing is a primary need that should be addressed first before engaging in other services to support wellness.

Family and Youth Initiative (FYI)

Developed to meet the needs of youth, aged 12 to 25, and their family members and friends who have substance use and/or addiction concerns. Services offered include: Assessments and referrals, individual, group and family therapy (including parent support and couples counselling), school outreach, outreach counselling, community consultations, education and presentations.

Harm Reduction Outreach (HRO)

Provides outreach and community based substance use and harm reduction services throughout the City of Toronto with people who face barriers in their access to services. HRO provides: case management, individual counselling, support groups, advocacy and systems navigation, and prison in-reach.

Pieces to Pathways (P2P)

A peer-led initiative offering Canada's first substance use support program for LGBTTTQQ2SIA youth ages 16-29. P2P offers substance use support services, including the provision of 3 community drop-in spaces, individual addictions counselling and case management, and structured groups. All services are delivered by LGBTTTQQ2SIA-identified staff members with their own experiences of substance use and recovery.

Satellite Opioid Program

A community-based outpatient opioid addiction treatment service providing comprehensive supports to people who are facing challenges related to their use of opioid drugs. Services offered include: opioid agonist treatment (methadone and Suboxone), counselling, case management, nursing care, health education and health promotion activities, a drop-in resource centre, meal programs, recreational activities, space for peer support and community building, and access to resources such as harm reduction supplies, food bank, and clothing.

Toronto Opiate Support Team (TOST)

Operating in various locations throughout Toronto as an outreach team to engage with and advocate for people who are using opiates or opiate replacement medications, and have little or no access to supportive services. TOST is comprised of workers with population specific expertise (youth, older adults, and women). TOST provides: case management, counselling, training to community service providers about opioids/treatment and harm reduction.

OUR IMPACT

735



Registered Clients

6,142



Anonymous Contacts

810



Group Sessions

3,025



Youth Reached Through Education Outreach

266



Naloxone Kits Distributed

17,329



Individual Service Appointments

2018-19 HIGHLIGHTS



- P2P developed a new paid volunteer harm reduction training program for LGBTQ youth. Volunteers are trained with skills including harm reduction basics and one to one support. Additionally, volunteers were trained by the Dandelion Initiative for sexual harassment and assault bystander intervention. Currently, volunteers are attending P2P's monthly harm reduction kit making event and conducting party outreach.
- Teams at Breakaway have been providing onsite support and services to Overdose Prevention and Supervised Consumption Sites, as well as providing priority treatment access to people using these services and support to peer workers.
- Through a partnership with Parkdale Queen West Community Health Centre, Breakaway is now providing access to onsite primary health care services for youth. We look forward to expanding this service for adults in 2020.
- Breakaway piloted the delivery of a new group service this year to support individuals actively tapering from or wanting to explore tapering from methadone or Suboxone treatment. The group received positive feedback from participants!
- Staff are participating in Indigenous Cultural Safety Training, made available to us through the Toronto Central LHIN. Ensuring our organization and teams are trained and skilled to work with and providing accessible services to indigenous communities is part of Breakaway's commitment to meaningful truth and reconciliation efforts.

"Every time I attend there is ALWAYS someone to talk to. Someone to listen, advise, support, and encourage me! One on one with [my counsellor] is extremely helpful! I feel very welcome, supported here, and appreciate EVERYONE here!"

- Satellite Program Client

Meet Claud!



Claud is the harm reduction coordinator at Pieces to Pathways (P2P) and a client support worker in the Harm Reduction Outreach (HRO) team. She primarily works with LGBTQ2S+ young adults and women with lived experience of substance use. There are no average work weeks for her— she could be meeting with community members, buzzing around the city dropping off harm reduction kits, cooking for P2P's drop-in or doing naloxone training's at bars and clubs. She has been working in harm reduction for 5 years, initially drawn to the work through her own struggles with drugs and alcohol.

Claud found solace through the harm reduction community and started organizing with Toronto Harm Reduction Alliance and the Moss Park Unsanctioned Overdose Prevention Site. What she carries with her is the central tenet that individuals are the experts of their own lives and bodies — and works to disrupt stigmatized narratives that people who use substances have been told about themselves. Claud is extremely passionate about queer sexual health, mental health and low-barrier primary healthcare services. She is inspired to continue expanding services specific to LGBTQ2S+ people of all ages.

FINANCIAL STATEMENT

YEAR END MARCH 31, 2019

STATEMENT OF OPERATIONS

REVENUE	2019	2018
Ministry of Health and Long Term Care	2,551,482	2,496,463
Ministry of Children and Youth Services	281,068	267,684
HRDC and Other Grants	5,953	3,124
Pieces to Pathways Funding	-	122,842
Donations and Other Income	23,831	23,414
Amortization of Deferred Capital Contributions	198,136	198,136
	3,060,470	3,111,663
EXPENSES		
Salaries	1,831,092	1,780,101
Employee Benefits	394,422	377,013
Building Occupancy	286,096	287,028
Client Medical Supplies and Food	31,105	19,854
Accounting and Bookkeeping	40,537	37,418
Clinical, Governance and Management Consulting	40,822	21,394
Program Operation and General Administration	60,766	36,430
Supportive Housing Partner Costs	-	168,000
Postage, Stationary and Office Supplies	20,488	33,119
Telephone	22,340	21,433
Audit and Legal Fees	14,302	7,763
Equipment Lease and Maintenance	8,382	6,932
Staff Travel	28,005	22,699
Staff Education	16,536	14,425
Insurance	8,104	7,731
Computer Maintenance	32,058	41,758
Public Education, Advertising and Promotion	3,448	7,015
Amortization of Capital Assets	198,136	198,136
	3,036,639	3,088,249
Excess of Revenue Over Expenses for the Year	23,831	23,414
Fund Balance, Beginning of Year	(93,705)	(117,119)
Fund Balance, End of Year	(69,874)	(93,705)

PARTNERSHIPS

Breakaway thanks our 2018-2019 community partners and the contributions they have made to our work and the clients we provide services to.

- Brands for Canada
- CAMH - STOP Program
- Canada Summer Jobs
- CHUM City Christmas Wish
- Covenant House
- Daily Bread Food Bank
- East Metro Youth Services
- EGALE
- George Brown College
- Humber College
- Jean Tweed Centre
- Parkdale Queen West Community Health Centre
- Regeneration Community Services
- Royal Ontario Museum
- Ryerson University
- Second Harvest
- Sick Kids Hospital
- Stella's Place
- St. Michael's Hospital Family Health Team
- South Riverdale Community Health Centre - Moss Park Overdose Prevention Site
- The Stop Community Food Centre
- Toronto District School Board
- Toronto Catholic District School Board
- Toronto Public Health
- Youth Substance Abuse Program (YSAP)
- VIRCAN
- West Toronto Network of Community Care
- Youthlink - What's Up Walk-In
- Yonge Street Mission - Evergreen Drop-In
- York University

DONORS

We would like to extend our gratitude to the many private donors whose generosity made an important impact

FUNDERS

The ongoing commitment of our funders, the Ministry of Health and Long Term Care via the Toronto Central LHIN and the Ministry of Children, Community and Social Services, make it possible for us to deliver accessible and effective substance use services and reach our mandate to reduce harm and enhance health in our community.



Donate to Breakaway!

www.breakawayaddictions.ca/support-us/



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