

BREAKAWAY COMMUNITY SERVICES

2019-2020

**A N N U A L
R E P O R T**

www.breakawaycs.ca / 416-537-9346 / info@bcs.ca



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A MESSAGE FROM THE CHAIR OF THE BOARD & EXECUTIVE DIRECTOR

Looking back at 2019-20 and the dramatic change that it was about to bring to our organization, to the lives of our staff, clients, and communities; it is hard to adequately put into words the feelings that come. Gratitude and awe are by far the most prominent, when we see the commitment of the staff, management, and board team that we have at Breakaway and all of the work that you do every day to enhance the health and wellbeing of our clients.

During 2019-20, Breakaway served 525 registered clients plus 3,849 anonymous client interactions. In addition to providing our core services, we engaged in a critical examination of our services, Human Resources practices and policies from an anti-oppression and anti-racism lens resulting in some deeply uncomfortable conversations and commitments to doing better; we began to design and deliver desperately needed grief and trauma supports for front line harm reduction workers; we contributed to the design of the Mid-West Ontario Health Team application; we expanded our partnerships, and continued to advocate for safe supply and the de-criminalisation of drugs.

The final months of 2019-20 brought a challenging reality for many individuals and families who rely on Breakaway's services. Harm reduction workers at Breakaway were called upon to stand on the front lines of two intersecting public health crises, where COVID-19 is exacerbating pressures of the opioid crisis that continues to cut through our communities. As 'physical distancing' efforts intended to slow the spread of COVID-19 this limited our client's access to vital human connection, face-to-face services, and social support.

During these unprecedented times the ability of the Breakaway staff and management team to adjust and respond quickly to the ever-changing landscape was nothing short of remarkable. When there was a lack of clarity on whether addictions and mental health services were an essential service that should remain open, Breakaway staff were already setting up contingency plans and innovating to keep our services accessible to clients and respond to emerging community needs.

Looking ahead to 2020/21, we know we will have to continue to navigate this uncharted territory. And we have no doubt that we will continue to be humbled and amazed by everyone at Breakaway.



**THOMAS SULLIVAN,
CHAIR OF THE BOARD**



**NICOLA BANGHAM,
EXECUTIVE DIRECTOR**



OUTREACH IN THE TIME OF COVID

Breakaway provides outreach services to people who are homeless, precariously housed, living in poverty and who use drugs. The outreach programs at Breakaway are the ASH (Addictions Supportive Housing) program, the TOST (Toronto Opioid Support Team) program and the HRO (Harm Reduction Outreach) program.

During this stressful times of dual pandemics (Covid and the overdose crisis) these outreach programs have been finding ingenious outreach strategies to connect with those hardest to reach. This has included connecting where the client is located as well as at Breakaway and the community while maintaining public health protocols of mask wearing, hand sanitizing and social distancing. Sometimes this has proven difficult, but the teams are determined to connect with clients, many of whom do not have access to phones or the ability to get around.

Breakaway conducted a phone drive and got phones into the hands of many of our hardest to reach clients. This has helped people stay connected and gain the support they are looking for. Many of these folks have been experiencing social isolation which has exacerbated their mental health and their ability to use drugs with others to maintain safety. Trying to stay safe while isolating during a pandemic has resulted in the deaths of too many of the people we work with. Grief and loss has become a way of life for us as we try to find innovative ways to keep people alive and healthy. Breakaway has been working on ways to support workers and community members deal with these multiple layers of grief.

We are also working in partnership with The Neighbourhood Group and Regeneration Community Services to train and support those living in ASH program housing to build community during Covid to better protect each other from overdose deaths. We are hopeful that by working together we will all be safer.

Anne Marie DiCenso
Program Manager

REBRANDING

WHY WE DECIDED IT WAS TIME FOR A CHANGE AND HOW WE DID IT.

Breakaway Addictions Services has provided innovative programs and comprehensive treatment from a harm reduction perspective for over 30 years. Today, we are pleased to announce that we have dropped the word “addictions” from our name as it is stigmatizing and narrows the scope of our work. Broadening and deepening the conversation around substance use and mental health has been a defining factor in the work that we do. Taking out the word “addictions” is a continued step in the right direction. Breakaway, is more than a name; it is the dedicated staff, resilient clients, and diverse community it serves and resides in.

With a new name, we knew it was time to refresh our logo and come back to what we hold dear. Fostering social change and breaking barriers starts with framing perceptions in a way that allows us all to lead with love.

New Logo:



JUNO ZAVITZ

Grief and Loss Counsellor

MEET JUNO Z.

This past week Juno Zavitz, Breakaway’s lead in grief and loss, delivered a moving deputation to the City of Toronto Board of Health about the importance of grief and loss support. Drawing upon the many intersectionalities of grief and loss, Juno shed light on the lack of funding where grief and trauma support is concerned for those seeking support in their substance use. The stigmatization and alienation of those navigating their relationship with substance use negatively impacts access to support. This creates a harmful grey area that positions different kinds of grief as more important than others. In their deputation, Juno emphasized that the erasure and lack of education and targeted support at the intersection of substance abuse and grief & loss support is negligent and damaging. At a time where community members are living in mandatory isolation, a housing crisis, an opioid crisis, and national food emergency, the time to foster accessible community support is now.

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-centered
Accessible + Inclusive + Flexible
Team-based + Collaborative

Authentic + Professional
Intersectional + Culturally-safe
Evidence based + Outcome measured
Safe + Positive + Supportive

Our Board

Thomas Sullivan, **Chair**
Melanie Webb, **Vice-Chair**
Brian O'Connor, **Secretary**
Dan Lamothe, **Treasurer**
Janet Hicks
Kelly West

Loren Jane White
Nakema Rae McManamna
Neha Trivedi
Nicole Hunter
Tina Karamchandani
Tracey Methvan

Our Team

Adam Fraser
Adanna Anucha
Aidyn Low
Akia Munga
Amit Robson
Ammarah Syed
Amy Druker
Anne Marie DiCenso
Carmel Hutchison
Christopher Sankey
Claudine Tran
Ellen Chang
Faith
Fortune Ibare-Jones

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Marina Douglas
Marissa Martins
Mella Brown

Milyon Woldemichael
Mohak Ramnani
Nicola Bangham
Pamella CastelMezzano
Renee Sandler
Ruthie Titus
Sheryl Lindsay
Steph Venneri
Stephen Chatterton
Subor Momad
Sevgi Arslan
Teju Oladoyin
Tim McConnell

PROGRAM AND SERVICES

Our 6 team led programs continue to strive to provide outreach support for the community.

Addiction Supportive Housing (ASH)

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.

Pieces to Pathways (P2P)

A peer-led initiative offering Canada's first substance use support program for LGBTQ2SIA 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 LGBTQ2SIA-identified staff members with their own experiences of substance use and recovery.

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.

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.

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.

2019-2020 STATS

525

REGISTERED
CLIENTS

3849

ANONYMOUS CLIENT
INTERACTIONS

564

GROUP SESSIONS

2439

YOUTH REACHED
THROUGH EDUCATION
OUTREACH

11457

INDIVIDUAL
SERVICE
APPOINTMENTS



SINCE APRIL 2020 TO THE END OF OCTOBER WE
HAVE MADE AND DISTRIBUTED ROUGHLY

400 SAFER SELF HARM KITS

600 CRYSTAL METH KITS

500 INJECTION KITS

400 CRACK KITS

100 SEXUAL HEALTH KITS

80 HORMONE INJECTION KITS

800 PARTY PACK/ SAFER SNORTING KITS

TOTAL OF 2880 PACKED KITS

FINANCIAL STATEMENT

Year end March 19th, 2021

	2019	2020
Ministry of Health and Long Term Care	2,551,482	2,551,482
Ministry Children and Youth Services	281,068	281,068
HRDC and Other Grants	3,360	5,953
Pieces to Pathways Funding	20,131	-
Donations and Other Income	39,099	23,831
Amortization of Deferred Capital Contribution	198,136	198,136
	3,093,276	3,060,470
Expenses		
Salaries	1898481	1831092
Employee Benefits	392159	394422
Building Occupancy	301520	286096
Client Medical Supplies and Food	39193	31105
Accounting and Bookkeeping	37418	40537
Clinical, Governance and Management Consulting	1533	40822
Program Operation and General Administration	41989	60766
Postage, Stationary, and Office Supplies	13015	20488
Telephone	24071	22340
Audit and Legal Fees	11885	14302
Equipment Lease and Maintenance	4480	8382
Staff Travel	28130	28005
Staff Education	25384	16536
Insurance	8819	8104
Computer Maintenance	22388	32058
Public Education, Advertising, and Promotion	5576	3448
Amortization of Capital Assets	198136	198136
Excess of Revenue Over Expenses for the Year	3,054,454	3,036,639
Fund Balance, Beginning of Year	69,874	93,705
Fund Balance, End of Year	31,052	69,874

PARTNERSHIPS & SUPPORTERS

Breakaway thanks our 2019-2020 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
- EGALE
- FOCUS Toronto
- George Brown College
- Hannah Yardley
- Humber College
- Jean Tweed Centre
- Midwest Ontario Health Team
- 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
- Strides Toronto
- South Riverdale Community Health
- Centre - Moss Park Overdose Prevention Site
- The Stop Community Food Centre
- Through Ruff Times
- Toronto District School Board
- Toronto Catholic District School Board
- Toronto Public Health
- Toronto Foundation
- TELUS Mobility for Good Program
- VIRCAN
- West Toronto Network of Community Care
- Youthlink - What's Up Walk-In
- Yonge Street Mission - Evergreen Drop-In
- York University



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.



Ministry of
Children, Community &
Social Services

Ontario



DONATE TODAY

Through your generous donations and support, Breakaway Addiction Services can continue to offer harm-reduction focused addiction support services.

visit www.breakawaycs.ca to donate to help continue our effective programs to make our community breakaway from harm.



CONTACT

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SOCIALS



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