

Changing communities through changed lives.

An Exceptional Year of Connection and Progress

Psalm 119 is a powerful passage and one of the longest chapters in the Bible. Overall, it proclaims the theme that "God's Word is a lamp unto our feet." It's a reminder that God has a plan for our lives, and when we walk in faith and follow His Word, we have nothing to fear. His Word is a light in our times of darkness.

Adeara is an organization founded on faith and God's Word and is a lighthouse of hope for those who are in the darkness of addiction. Over the years, we've continued to grow and bring light and hope, largely due to a staff that cares, a program that works, and a board that continues to expand the vision and footprint of the organization.

This year, we've had some exciting progress in a variety of areas:

- We can proudly say that the land for our new building is in the process of being secured.
- Funding has increased.
- Through working with g[squared], our new name has been well-marketed.
- Our collaborative partnership with Salvation Army and PAR Foundation has strengthened, forming a new alliance called Carus.
- The work we are doing, both independently yet collaboratively, is propelling Adeara Recovery Centre to grow beyond Edmonton. We now have the opportunity to duplicate our work and reach across Canada.

Our partnership with Church At South Edmonton (C.A.S.E.) remains strong, and they continue to be a place where the women and children love to go and be connected. Connection is such an important word because no one wants to feel alone. Women in crisis come to our centre and become connected to hope, a community, a church, and a cause.

- Hope—they see others who have gone through the program and are now living free from addiction.
- Community—they join a community of women who are also working through the same process together.
- Church—they connect to a church that is open to those who are hurting.
- Cause—they find a cause that is greater than themselves.

Your connection as a supporter to Adeara Recovery Centre extends our reach not only across this city but to our province and eventually our country. We will continue to grow forward, bringing hope, light, and community to women and children in crisis. Your support, woven together with others, creates a strong foundation on which to do this.

It has been an exceptional year, and I look forward to seeing the progress, growth, expansion, and stories of transformation in the future!

Kindest regards,

Mark Evans, Chairman of the Board

I am privileged to serve on the Board of Adeara and use the strengths God has given me.

I believe that every woman who chooses to enter our doors is a Champion—choosing to seek help, take ownership, and do everything she can to overcome the challenges she is currently facing. I also believe that there's no greater reason to serve than to see people come to know Jesus.

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10 NIV).

That's why we will continue to impact women's lives for eternity.

~ Colleen Foley

Meet our Board

Chairman of the Board: Mark Evans Vice-Chair: Charlene Dykstra Treasurer: Charles Evans Secretary: Colleen Foley

Directors:

Greg A. Assaly Jesse Jervis Tiffany Linke-Boyko Yukonna (Connie) A. Spooner Randall (Randy) Yatscoff

I thought I had a good understanding of the impact Adeara was having on women's lives. However, during the 20th Anniversary photo event, I connected with some of the residents of Adeara, and I was so inspired. It was then I understood the importance of the work Adeara is doing in changing the lives of these women.

I am truly blessed that the Lord has given me the opportunity to offer my services to this very important calling. I and my fellow Board members are honoured to help Adeara succeed in meeting their critical and meaningful goals.

> Families are stronger together. Like our Adeara family, there's strength in family collectively together.

~ Randy Yatscoff

~ Greg Assaly





Empowering Futures

Excellence is a process, not a destination. Just as the women we serve are on a journey in recovery, so too are we on a journey of growing forward.

At Adeara, we are determined to become leaders in addiction recovery and have made great strides this year in developing quality programming covering all aspects of a woman's life. We engage her physically, mentally, emotionally, socially, and spiritually by providing a full spectrum of supports and services.

We are committed to:

- a compassionate, accountable, and caring environment.
- and clarity in becoming more trauma-informed.

Yes, this has been a year of growth for Adeara! New name, new brand, operational excellence, more community and donor engagement and support, and a singular focus to serve and expand.

- living a healthy lifestyle.

- class which is open to all former residents of Adeara.
- they can keep for their future.

I am so blessed to have the opportunity to lead a passionate, caring, and skilled team, to work with a visionary board who sees the need for growth, and to experience first-hand when these precious women find the beauty, strength, and potential within them.

We are honored to serve our women and witness their incredible stories of strength. Women who have discovered a new way of living, who have found family again, and who believe that they now have a hope and a future. Women who understand that they can change the direction of their own lives, who raise their families in a new light, and who finally see themselves as worthy.

They are beautiful. They are wonderful. And they are the reason we are Adeara.

Dawn Himer, CEO

1. Serving the most vulnerable women and children in our community with love, integrity, and respect in

2. Changing the way people understand mental health and addiction by providing education, resources,

3. Pursuing excellence in all we do, from our program, talent, resources, and commitment to quality.

• We have enhanced this year's program to include more variety and opportunity for physical activities. We've also introduced healthier meal plans, and access to nutrition advisors to provide education on

• We began educating our team and those engaged with us on the importance of Trauma-Informed Care-understanding that all of our clients have experienced trauma, many of them complex and compound trauma, as described in the ACES (Adverse Childhood Experiences Score).

Being a full-service caring community has made a huge impact on our clients' journeys to recovery. we also added courses on financial literacy and employment readiness as optional programs for those ready to enter the workforce or who wish more to learn more about these subjects.

• We have supported women transitioning into independent living through our Life Choices group

We were awarded the Community Initiatives Program grant which has allowed us to enhance our programs and develop better materials and workbooks so that our clients have fantastic resources

A Team of Caring Professionals

We believe that Quality of Care means attracting and retaining top talent!

At Adeara, we are committed to being an Employer of Choice where people can develop professionally and personally, and work on collaborative teams and partnerships all with a common goal. We aim to be an organization that embraces opportunities for knowledge and advancement, encourages ideas, and finds solutions to better the organization so we can be poised for future expansion.

This year, we took a critical look at our team to ensure we are competitive in the marketplace regarding wage, benefits, training, safety, and support.

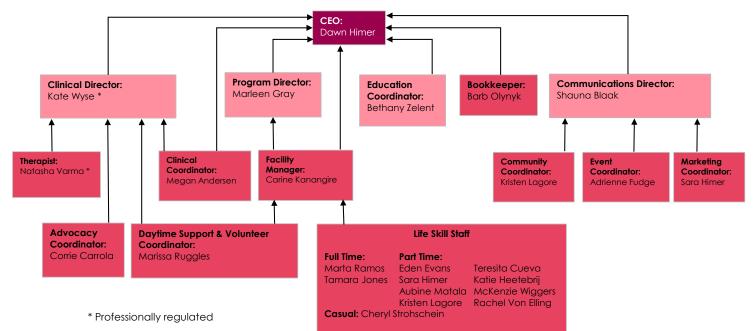
- We revamped workloads and narrowed job descriptions so that staff could perform at their optimal potential in roles they are passionate about. In the process, we were able to reduce compassion-fatigue and the risk of burnout.
- We introduced the SoloProtect safety alert system to ensure that our overnight staff are safe and supported on 'work alone' shifts.
- We provided opportunity to attend advanced courses so we could further develop our Addiction training to include . concurrent disorders, mental health, and Trauma Informed Care.
- With the assistance of grants, several of our management team were able to attend mental health conferences and advanced training in Trauma Informed Care.
- We offered flexible scheduling in a 32-hour work week to support work-life-balance in a potentially stressful work environment.

What our Staff Members say about working at Adeara

We recently asked our staff in their annual employee survey, "What do you like most about being an employee at Adeara?" Here is what they said.

- I love that every staff member has the opportunity to excel in their passions and gifts, all while working together to meet a common goal of serving the women of Adeara. It makes a world of difference to operate in your passion and gifting.
- The opportunity to give back, share my experiences, share my faith, and to be an inspiration to others!
- I love getting to share the love of God with the women and see the process they go through as they bravely fight to overcome their addictions. It is an honour and a privilege to work alongside some amazing women as we pour out to help other women together.
- Being myself is accepted and appreciated—I feel included, respected, and fulfilled.
- I like being part of a great team and seeing healing and growth in everyone, residents and staff included.





Rachel Buziak Karen Bratton Lori Diepenbroek Mary-Ann DeVries Kaitlyn Etoroma Joylene Hoolahan Leanne Huisman Kristin Kajorinne Erica Kalke Emily Lecerf **Michelle Martin** Sharon Martin Stephanie Mclaren

Total Volunteer Hours in 2017-2018 = 3144 (including Board and Staff)

Our Volunteers

Nadine McCalla Arlene Musselman Morenike Olaosebikan David Ovelson Myrna Parker **Diane Pederson Danielle Schalin** Julia Schmidtke Sarah Shandera Kathy Short Maureen Small Laura Swanson Tara Thompson Shauna Tomalty

Program and Client Outcome Expectations

Clinical Perspective

Stabilization Stage—from 0 to 6 months

When women enter Adeara, our primary objective from a clinical perspective is to assist them through the stabilization stage of recovery. Typically, this takes between three to six months due to extensive addictive behaviours, trauma, and a lack of knowledge and education about the disease of addiction. During this period, we see the women revert back and forth between maladaptive thoughts and behaviours and healthier choices and thinking (like a rollercoaster effect).

Early Recovery—from 6 months to 1 year

Through individual therapy, group therapy, and programming, this rollercoaster effect lessens around the six-month mark, and the women begin to embrace healthier behaviours. Many of the women who come to Adeara have both addiction and mental health issues (known as 'dual diagnosis'). However, addiction and mental health behaviours often mimic each other, and until the woman is stabilized and moving into early recovery, it is difficult with any certainty to diagnose a mental health disorder. It is during this 6-month to 1-year period that licensed therapists are able to detect mental health disorders and begin to treat the resident from a dual diagnosis perspective.

Middle to Late Recovery—from 1 year to 18 months

Between one year and eighteen months is where we see the fastest growth in our residents. By this time, they have adopted healthy thinking and behaviours, more self-awareness, and have developed good coping strategies and choices. Addictive behaviours are seen more like a 'tough day.' Residents even begin to volunteer or explore educational or career aspirations.

Most of the women who come to Adeara for treatment have had many years of addiction, abuse, childhood and adult traumas, loss of family relationships including children, along with mental health issues. Therefore, long-term treatment provides the best outcome for sustainable recovery. Many of our women have lost their children on account of their addiction. At Adeara, we provide long-term support that allows our women the time they need to heal from the effects of addiction and trauma, and through this process, develop skills to sustain recovery and build healthy homes for them and their children.

It is such a gift and blessing to be a part of these amazing women who are changing their lives!

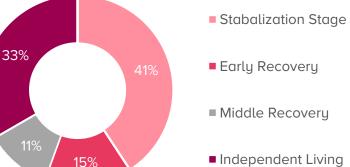
Kate Wyse, MA, CGPA, CCC, Clinical Director/Therapist

Clinical Hours Invested

Therapeutic Hours – 804

Course Hours – 402









Understanding Trauma Informed Care

"Ask not why the addiction, but why the pain." ~ Gabor Maté

Understanding addiction and its effect on mental health is critical in developing the best in care and programming to support those who suffer from trauma and addiction.

Emotional Impacts of Trauma

- Traumatic events create feelings of shame, developed from an underlying sense of powerlessness.
- Traumatic events are profound experiences that can shape the way a person sees themselves, others, and the world.
- Negative coping strategies cause the victim to avoid painful emotions surrounding the traumatic experience.

Examining the response for 'empathy versus sympathy' is essential when looking at a person as a whole. This is why we say, "Ask why the pain, not why the addiction."

When we endeavor to live out our core values of love, compassion, respect, integrity, and accountability, we will invariably adopt the Trauma Informed Care philosophy in our environment. Recent studies on mental health and addictions concur that people use a variety of coping strategies to survive complex and compound trauma. Understanding this fact is the essence of being trauma-informed.

Education is vital at all levels of an organization, and we are resolved to end the stigma around addictions and mental health. We commit to educate, to better support change and long-term integration into society, and to make a difference in our communities and beyond.

Why have we incorporated Trauma Informed Care into our programming?

- Mental health treatment environments are often traumatizing, both overtly and covertly.
- Service organizations can also mirror the power and control the victim experienced in abusive relationships.
- Trauma Informed Care engages clients more effectively, potentially improving outcomes and reducing avoidable costs for health care and social services (Menschner & Maul, 2016).
- Commitment to providing services in a manner that is welcoming and appropriate to the unique needs of those affected by trauma is essential at all levels of organization (Bolton, et al., 2013).

Trauma Informed Care simply means recognizing that those in our care have all experienced trauma to varying degrees (many of them experiencing multiple and complex trauma) and then caring for them in that light.

Our residents require patience and understanding, and they often have difficulties with trust, respect, abandonment, co-dependency, fear, anxiety, depression, among other things.

We address residents in a Trauma Informed manner to create a safe place for them to work through their journey, and allows for empathy, educational opportunities, understanding, and holding them accountable.

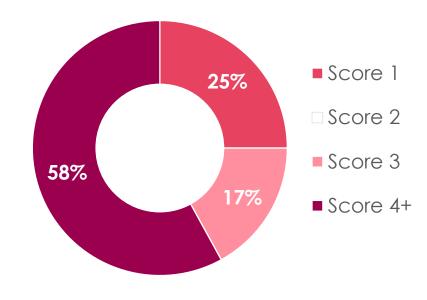
Using the Acute Childhood Experience Score (ACES)

We use the Acute Childhood Experience Score (ACES) to evaluate the levels of vulnerability of the women and children in our care. Here is a brief overview:

- When a woman enters Adeara, she is asked ten questions in three categories about her life before the age of eighteen years old, specifically regarding abuse, neglect, or household dysfunction.
- Clients who score 4 or higher will usually have a significantly higher risk for serious physical and mental health concerns. They are also 46 times more likely to be suicidal than someone with a score of 0.
- A score of 6 or higher usually indicates a decreased life expectancy by approximately twenty years.
- The higher the ACE score, the more likely this client will develop health conditions such as addictions, depression, anxiety, suicidal thoughts and attempts, and poverty.

A Snapshot of our Residents

When our current clients took the ACES test, here is how they scored. Keep in mind that these scores reflect childhood experiences before the age of 18 years old.



The value of this test is that it gives us a snapshot of the lives of our current clients so that we can ask the question, "What happened to you?" rather than "What is wrong with you?"

Based on the statistical data from a cross-section of our current residents, the following can be concluded:

a twenty-year decrease in their life expectancy.

The Good News

The good news is that by asking clients questions about Acute Childhood Experiences (ACEs), we can help alleviate the impact of those experiences. The more these women can make connections about how trauma has impacted their lives, the more they can begin to make authentic decisions concerning their future. People don't do things for no reason, but they need to know there's another way. Adeara is here to show them that new wav.

Recovering from Acute Childhood Experiences requires the trifecta of trauma recovery: stabilization, remembrance & mourning, and reintegration. Trauma fundamentally changes a person's identity, creating a need for coping strategies to manage their chaotic and disturbing reality. Adeara can create a stable physical and emotional environment to allow for the grief process of trauma recovery, setting these women and families up for reintegration into a new identity and new lifestyle.



• 58% of our current clients are at risk for 3x the levels of lung disease and smoking, 11x more IV drug abuse, 14x the number of suicide attempts, 4x more likely to begin intercourse by the age of fifteen years old, 2x the level of liver disease, 4.5x more likely to develop depression, and some may even experience

Adeara Became My Chance for a Future

I had been in and out of jail since the age of fifteen, but I never thought that I'd ever change. I was addicted to drugs and was trafficking drugs. Before coming to Adeara, I was in jail for trafficking among other charges. I was looking at two years in prison, but my lawyer got me a reasonable offer and I was allowed out on bail, as long as I went straight into treatment. My lawyer told me it would look really good for my case if I came to Adeara, so I did.

I was never raised in a Christian home; I had no faith, and I didn't believe in God. Coming here was difficult at first because I didn't understand any of this God-stuff, and I thought I could do everything myself. But I wanted to learn about God. I wanted to believe in Him, but I didn't know how. I paid attention to devotions and the Bible studies, and I prayed and asked God to show me that He's real.

In the meantime, I was trying to fight some court stuff, but I was sure that I'd end up in jail again. I believed I had no future. All I could do was have everyone here, including me, pray to God and ask for help.

That's when God showed me He was real. He was there with me when I pled guilty to simple possession, and then had all my other charges thrown out. What a miracle! It was definitely God answering my prayers.

I didn't think I was going to have a future until I came to Adeara and found God. I realized I could still go to school and have a future. I want to inspire and help people, and show them there is hope and you can get through anything. I want to give back and work with people and families who are going through stuff that I've seen or been through myself. My goal is to finish school, go to MacEwan and get my Bachelor of Social Work degree, and then start my career helping others.

I wouldn't be here today without Adeara, and especially, God!

~ Brianna, Resident

OVER 600 women served over 20 YEARS

> This year we served 32 women and their children

We believe that a name should tell a story—of who we are, what we do, and how we care. Our new name, Adeara Recovery Centre, accomplishes this and more! It encompasses our heart and the love and care that make up this great organization.

Adeara comes from the Hebrew word for 'strength, tenacity, and perseverance,' and states it with beauty and love. Our new name speaks of fortitude and transformation.

Our logo pays homage to that little pink house from which we started and shows the beautiful blend of providing women with a Home for safety and an Archway to recovery. A place to belong and a pathway to freedom.

We are Adeara!

2017 Evening of Dreams Gala

Evening of Dreams 2017 was another historic milestone for us as we unveiled our new identity, Adeara. The event took place on October 5th, 2017 and raised over **\$45,000** in support of our work.

With nearly 300 guests in attendance, it was an honour to begin our evening with a special story of former resident Tamara G about the challenges of addiction and being an overcomer. Tamara, a truly creative and courageous woman, also blessed everyone with a delicious hand-crafted candy flower at every place setting. Today, she continues to live in recovery, a working mom and volunteer who is giving back and making a difference.

Our emcee for the evening, Glori Meldrum, Founder & Chair of Little Warriors, graced us with inspiration and hope. She expressed how dear our women are to her, as many of them were unable to get help for their trauma and abuse as children.

Thank you to all the wonderful people and organizations who attended our gala. Your generous support has gone a long way to enhance our program and meet the needs of vulnerable women and children in this province, enabling them to find hope, strength, and a future. Thank you!

What you may not know is that we were secretly presented that night with a surprise donation of **\$1,000,000** from an anonymous donor. Yes, it's true!

What an incredibly generous gift!

On behalf of the Board and Staff at Adeara, we wish to say "Thank You" to this beautiful person for changing lives and radically empowering our future!

THANK YOU!



Leap of Faith

\$85,000 39 Jumpers

I have been working for Adeara for 10 years, and I've watched a lot of women and children come to the centre. It's such a joy to serve them. My passion is for women and their children. These women put their lives and faith into our program and in God's hands. What a humbling experience it is to do something that's fearful for me (jumping out of an airplane for Adeara's Leap of Faith event) in honour of the women who do something fearful everyday by facing their addictions and traumas so they may live a full and hopeful life. I love doing life with them and encouraging them in their recovery.

There are two reasons I chose to jump in Adeara's Leap of Faith event. One, jumping out of an airplane? Uh yeah, sign me up for that! And two, what a great cause—supporting Adeara and supporting women who support so many things. We all know women make the world go 'round, so a good strong woman who gets back into the community and is rehabilitated, that's going to help a lot more people than just her and her kids. It extends way beyond that, and if you look beyond that, its just the right thing to do.

~ Corrie Carrola, Case Worker

[~] Pete Petipcoe, K.97 FM

Our Supporters

Allan's Automotive Electronics Ltd. Al-Terra Engineering Ltd. ATCO Electric Avant Garde Technology Inc. Benevity Community Impact Fund **Beulah Alliance Church** Black Rifle Coffee Company **BNI** Mavericks Champion City Church Christian Life Center Church at South Edmonton Fellowship Comfort Heating (1981) Ltd. **Complete Shipping Solutions** Costco Wholesale Eaglemont Christian Church Edmonton Realtors' Charitable Foundation **Ellerslie Road Baptist Church** Emmanuel Community Reformed Church **Etoroma Creative** First Christian Reformed Church Foundation G L Stebner Management Ltd. G2 Marketing Inc. Gift Funds Canada Gospel Centre Haven Management Heritage Valley Pentecostal Assembly Hope City Church Jireh Industries Ltd. Lehmann Plumbing Lifespring Church Ministries MMD Sales Ltd. Northwest Pentecostal Assembly (Edmonton) Ottewell Physiotherapy Clinic Ltd **Planet Trucking** Real Canadian Superstore **Rebman Christian Foundation** Shepherd's Care Foundation Sherwood Buick GMC Inc. Shoppers Drug Mart - Life Foundation Southside Pentecostal Assembly Spruce Grove Global Connections Church & START. WALK. STRIDE ! INC. Surefire IT The Alberta Knights of Columbus Charitable The Art of Cake The Park Pentecostal Church The Sawatzky Specialties Foundation True Grit Buffalo Corporation United Way of the Alberta Capital Urban Sarah Closet In Vegreville Pentecostal Church Verve Salon & Spa Ltd. West End Christian Assembly Zion Baptist Community Church 950174 Alberta Ltd

Thank you to all

of the individuals. businesses, and those who wish to remain anonymous for investing so generously in the lives of our beautiful women! Your kindness has made an eternal impact!

A Year-at-a-Glance—Impact for Growth

Overview of 2017-2018

After a challenging economic climate in 2016, we were determined to exceed projected revenue, clear any debt, and then invest in growth areas through our marketing campaign and new name launch.

However, that's when God stepped in and surprised us-when He moves on the hearts of His people, wonderful things happen. Through the incredible generosity of our supporters, and receiving the Community Initiatives Program Grant for program enhancements, we were able to:

- Reward our staff with competitive wages in the Non-Profit sector thus ensuring staff retention,
- Offer benefits such as condensed work weeks to balance work/home life,
- Invest in our strategic plan including rebranding and program development,
- Invest in our clinical program staff, and
- Add key roles to support essential services and areas of responsibility.

We're happy to report that we achieved all of this and implemented quality improvements in our program. This has put us in a strong financial position for the future.

We eagerly look forward to what lies ahead, and we commit to increasing awareness of what we do for those we serve and making a difference in mental health and addiction in Edmonton and beyond.

Grants

We researched opportunities for professional development and procured support through the Muttart grant and the Alberta-Canada Job grant

Government – CIP

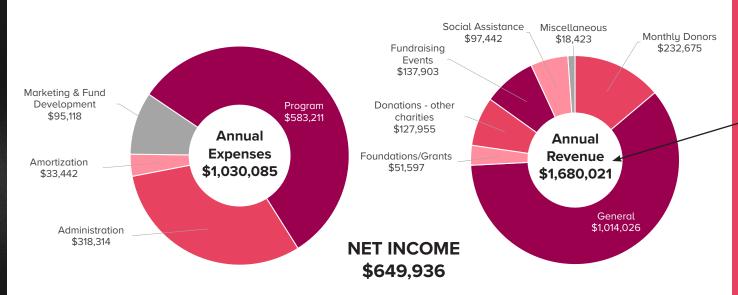
We received a significant grant of \$46,000 from the Government of Canada's 'Community Initiatives Program' to enhance our program and develop program materials and new initiatives.

Foundations

We are so grateful for faithful support from the following foundations:

- The Realtors Foundation provided for new flooring on common areas on top floor.
- The Butler Family Foundation provided for our Client Management System.
- The SMMART Foundation provided for program costs of medical supplies and materials.
- Safeway Pharmacy created a partnership with us for client medication support.
- Shoppers Drug Mart provides support through educational services and fundraising.

We are fully accredited with 100% compliance and awarded Accreditation with the Canadian Accreditation Council for four years. We are determined to persist.



Next Level Programming

At Adeara, we understand that recovery is a layered process. It doesn't happen overnight. In fact, in our experience, most women need from twelve to eighteen months to gain solid footing in their recovery.

When women stay in the program longer, we are able to address the many faces of addiction and mental illness: Depression, Anxiety, PTSD, Borderline Personality Disorder, Bi-Polar, and ADHD to name a few.

In collaboration with the Clinical team, we have also developed more in-depth programming with greater opportunity for life skills training. This has empowered us to focus more on our therapeutic processes while establishing opportunities for the women to prepare for their future from a life management aspect.

Program Enhancements

At Adeara, we are committed to long-term recovery care with a holistic approach, and we have integrated this philosophy in our program enhancements.

That means when a woman enters our program, she'll learn about:

- Understanding Addiction
- Celebrate Recovery
- Staying Sober
- Rational Emotive Behavioural Therapy (REBT)
- Codependency
- Life Skills & Financial Training
- Boundaries
- Spiritual Health
- Music & Art Therapy
- Health & Wellness
- Battlefield of the Mind
- Self Worth
- Parenting
- QuitCore Smoking Cessation
- Employment Readiness

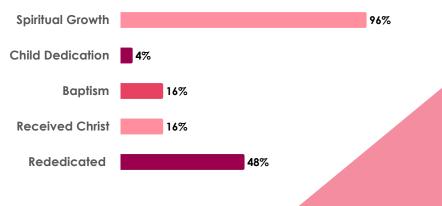
We recognize the high value of classes, workshops, counseling, group therapy, and outside community involvement in the healing process. Having a focused approach and enriched holistic programming ensures that each of our residents get personalized care and the tools they need for sustained sobriety.

Marleen Gray, Program Director

> "Faith is part of our DNA—an essential ingredient in our mix. Adeara works because God works."

[~] Bruno Buchstein, Founder





Before coming to Adeara, I was hopeless and out of control. My addiction had stolen my morals, values, integrity, and hope. My children were no longer in my care, and I was evicted and about to be homeless. It was winter, and I was cold, scared, and desperate. For the first time in years, I prayed to God and surrendered to Him. I got into detox, and shortly after that, I entered Adeara.

It was not easy. I missed my children and was upset that they couldn't move in immediately. But with guidance from my counselor and lots of prayer, I continued to surrender each piece of my life over to God. I learned about boundaries and codependency, and how to change an irrational thought into a rational one. Most importantly, I learned to trust God in moments where all I could do was pray, and He faithfully provided. I now have both of my children back in my care and am slowly transitioning into semi-independent living.

I am so thankful for Adeara and all the staff here. It is incredible how they pray and are faithful to God in all the decisions they make. Because of that, I have my future and my family.

~ Melody, Resident



Celebrating 20 Years!

growing forward



Scan with your phone camera to follow our social media platforms!



P: 780-423-5516 | **F:** 780-429-1090 | **E:** office@adeara.ca Box 68169, 162 Bonnie Doon Centre, Edmonton, Alberta T6C 4N6