



adeara

2019-2020

Report to Our Community

Ginger, past resident, shares her story
at the 2019 Evening of Dreams.

The Vine and The Branches

I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. (4) No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

(9) “As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command. I no longer call you servants because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

John 15:1-4, 9-17

The Bible and this scripture is a powerful reminder and a grounding foundation for this past year. It is encouraging to see how, as an organization, as we stay faithful to what God has called us to do and remain grounded in His word and His love, we will continue to grow and bear fruit. Over this past year, Adeara has gone through some pruning, unexpected global challenges, yet despite this, has continued to bear fruit.

As we continue to remain in Christ, both as individuals and an organization, our joy, financial security, and future comes from Him.

This year has been a year where, despite everything, we have a lot to be thankful for. We have had great success supporting many women through the program we offer. In addition to this, we have seen continued growth in opportunity for the purchase of the land for a new facility. Next year will be exciting, as we continue to pursue the vision God has given us. Finally, Adeara has also been blessed with a new thrift store—More Than a Fad. Through this new opportunity, we are able to not only raise funds for our operations but also increase awareness and education surrounding the work we do and the women we serve at our centre.

This year our team has been focusing on increasing our donors, and despite all unexpected disruptions, we are doing well economically. We have an excellent team lead by a fantastic director. We have focused on, as a board, succession and increasing the numbers of members to the society. When you have a strong and engaged society, you have a strong board. Strength and succession are key to a healthy and sustainable organization. Over this next coming year, we will continue to focus on this to ensure a strong foundation.

Let us be reminded that through everything, remain grounded in Christ and continue doing His good work.

Mark Evans, Chairman of the Board



A Year of Redefinition

As I reflect on the last year at Adeara, I'm reminded of a word that came to me as I, in early 2020, considered what the year could bring for me personally, as well as an organization. That word: "Redefine." I had no clue how accurate this word would be. The things that I thought would be "redefined" were minor compared to what we faced. This year will forever be etched in my mind.

Where do we begin to talk about this past year? Since 2019, the changes and challenges that we have seen have been overwhelming...some amazing, others not so much! Here are some highlights:

- We had 554 people in attendance at our 2019 Evening of Dreams Gala, raising a record amount in support and donations (\$173,000).
- The Christmas Appeal was well received and our year-end support met and surpassed our budget, putting us in a comfortable position heading into 2020.
- Inside our residence, we launched a Kids' Playroom and a Clothing Boutique for the women.
- January and February brought further financial support that was unexpected but incredibly necessary, and gratefully received.
- In March, COVID-19 changed everything in our world, and more specifically, our Adeara world:
 - capacity was reduced as we restructured the living arrangements,
 - cleaning and health screening went to a whole new level, and
 - outside involvement in the program was eliminated, creating a sense of isolation for the residents; fortunately, the support staff and clinical team worked extra hard to support the women and children.
- The June Leap of Faith Fundraising Festival was postponed to Sept 12, 2020, and then again to 2021. Thankfully, we met the jumper and fundraising goals in spite of the pandemic circumstances.
- Shepherd's Care Foundation donated the Treats N' Treasures Thrift Store to Adeara: we re-launched the store as More Than a Fad Thrift Store, with all profits going to Adeara operations.
- Recovery Coffee was launched by the Wall Coffee Roasters.

Although COVID-19 created chaos in so many areas of life, it also created amazing opportunities. The pandemic drew us closer to government support and opened up a window for additional grant applications for enhanced programming for our clients and their children. This time of crisis also drew local businesses to rally their support to benefit our centre. We saw various small businesses and local artists use their skills to raise awareness and funds for Adeara. Other local organizations also stepped up to help through gifts of time and money. For example:

- Volunteers gave us their time to grocery shop for our residents weekly while the pandemic forced us to keep our ladies in the centre as much as possible.
- Through the K-97 Feed it Forward campaign, Adeara was nominated and received \$2,000 in grocery gift cards to Safeway and Sobey's from KDH Drywall, Mantar Ltd, and Luigi's Concrete.

Although 2020 did not go as planned, I am so thankful for the overwhelming support Adeara received through what could have been a devastating time. I believe that our organization has been protected, even strengthened. God's hand is over our centre: He is for the women in recovery and the children who are being given an opportunity to break the cycle of addiction. Thank you to all the individuals, businesses, churches and foundations that have continued to remember Adeara and support us so generously. Without your support, we would not exist to help change communities through changed lives.

Lori Patrick, Executive Director

Our Board 2019–2020

Chairman of the Board
Mark Evans

Vice Chair
Charlene Dykstra

Treasurer
Charles Evans

Secretary
Colleen Foley

Directors
Greg A. Assaly
David Cornock
Shauna Yohemas
Erica Kalke
Jayton Sontag
Jesse Jervis
Paul Collins

Leaving the Board
We are so grateful for the investment and impact these men have made at Adeara Recovery Centre. We know they will continue to be a part of our community of support, and we pray for God’s blessing as they move into other areas of opportunity where they can put their skills and passion to use.

Jesse Jervis, Director 2012–2020: "I am blessed to have seen the organization mature in processes and leadership. Each step of the way has not been simple or easy, but it has truly allowed us to see God move. God has great things in store for the organization and the women it serves, I look forward to seeing them come to fruition."

Charles Evans, Treasurer 2013–2020: "Being able to use my gifts and skills to help steward the finances of Adeara has been a rewarding challenge. Although my time has come to an end as the Board Treasurer, I am confident that the operations of the centre will continue to move forward and God will be glorified as He transforms lives."

Paul Collins, Director 2019–2020



Proposed Board 2020-2021

Slate of New Members Joining the Board

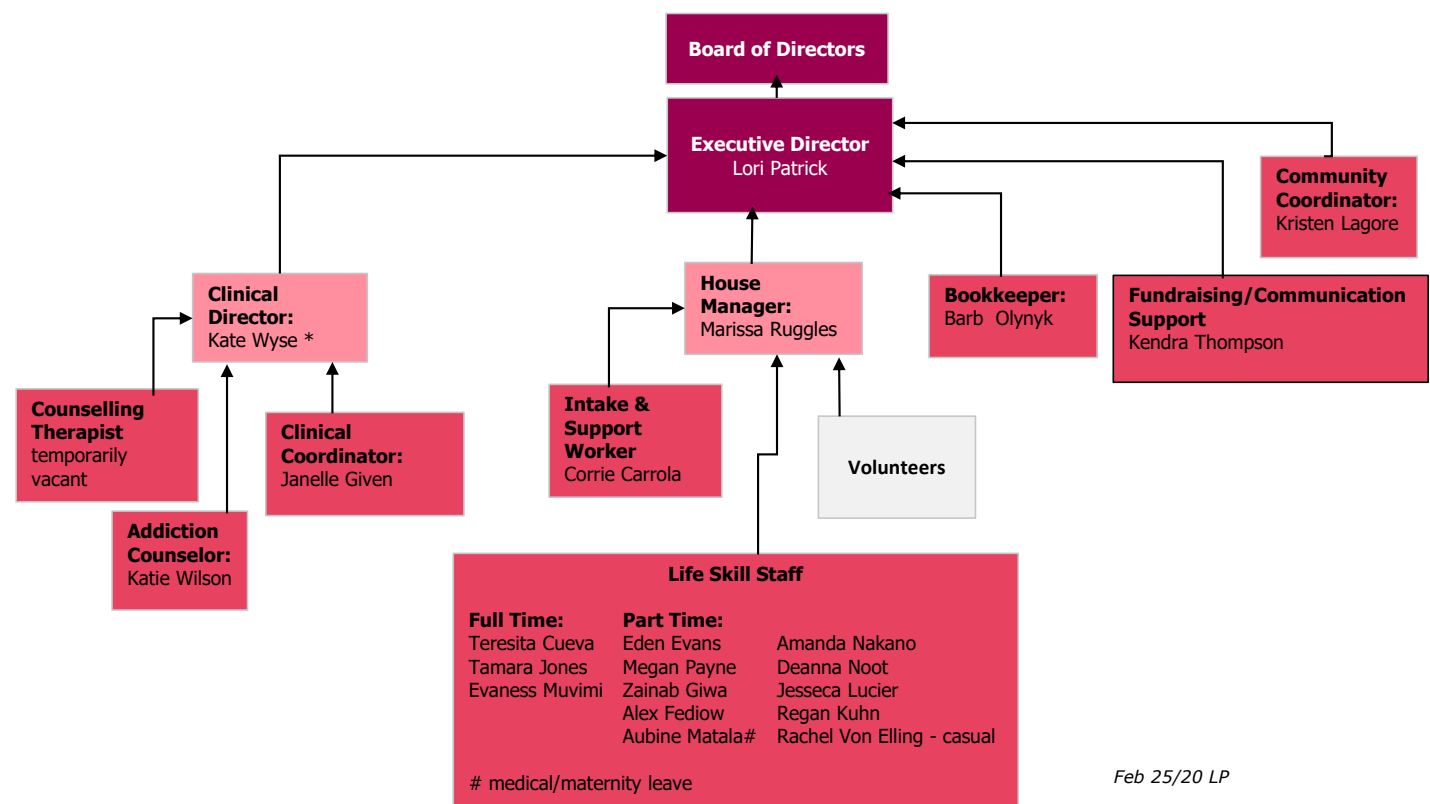
Andrew Lee – Board Director, 3 year term
Andrew is a Certified Financial Planner with a heart to see women in addiction find freedom in Christ. Being part of a faith-based recovery centre is really important to Andrew because he recognizes the impact that Christ has on one’s recovery. Andrew has Stewardship Committee experience, as well as experience in teaching financial courses. His knowledge in the field of finance, coupled with experience in dealing with the Ministry of Children’s Services, is sure to benefit the long term goals of Adeara Recovery Centre.

Elaine O’Connor – Board Director, 3 year term
Elaine practices Family Law and has a degree in counselling. She has volunteered internationally as well as locally, and is very interested in supporting women who are in recovery while helping/ supporting them to remain with their children. She comes with a good knowledge of the legal system and has experience working with addiction, family violence and Children/Family Services. Her involvement on the board will provide greater perspective as we further develop programs to support the women and their families.

John Powell – Board Director, 3 year term
John joins our team as a retired businessman who brings a wealth of experience in business development and strategic planning. His experience includes managing and leading people and developing processes in organizations. He hopes to contribute ideas and most importantly support Adeara's ability to build and grow as a strong organization. John is willing to get in the trenches and try to find those people that want to contribute and participate. John has also contributed to our fund development team. His board experience comes from his years of involvement with the Church at South Edmonton.

Todd Sumner – Board Director, 3 year term
Todd joins our team with a wealth of experience and education as it relates to strategic and change leadership, project management and operational excellence. He is currently the Associate Dean - Administration of NAIT's JR Shaw School of Business and School of Skilled Trades. He also has a passion for international mission work as well as local impact. His mission experience has drawn him to Adeara with the heart and desire to see women’s lives changed in our city.

Organizational Chart



A New Opportunity for Government Support

The model that is highlighted in the following article is the model used at Adeara Recovery Centre. We walk with women through every step of their recovery journey. From addiction to sobriety, recovery, and transition back into community, we're there. We will be applying for this government support and are hopeful that we will qualify for this much needed sustainable funding, without compromising our faith-based programing.

Alberta to add 400 new drug treatment beds through five new recovery communities

Anna Junker, publishing date July 15, 2020, Edmonton Journal

Five new long-term treatment centres for drug addiction will be constructed in Alberta, adding 400 beds across the province.

Jason Luan, associate minister of addictions and mental health, announced the investment Wednesday and said the drug treatment centres will increase capacity by 30 per cent. Alberta Health Services currently has more than 900 treatment beds for detox, youth, short-term and long-term residential treatment and gambling.

The centres, described as recovery communities, will be based on a model used by 65 countries around the world, including Portugal where the possession and consumption of drugs has been decriminalized.

"Also known as therapeutic communities, they take a holistic approach to treatment, focusing in on the mind, body and spirit," Luan said. "Participants at the facility have the opportunity to relearn and re-establish social functioning, employment skills and positive community and family ties."

The treatment centres will be part of a setup that includes clients from the health-care system, justice system and community social services system. Those who attend are encouraged to support one another in their recovery.

"Through honesty, hard work and the willingness to take the responsibility to learn, they enter drug-free life and become positively engaged citizens," Luan said.

The recovery communities provide an ongoing process of change where participants go at their own pace and gradually take on more responsibilities throughout their stay. The amount of time a person may spend at the centres varies between three months to one year.

"After completing treatment, participants are connected with ongoing support to help ensure long-term recovery. This ongoing support is a key element of this model," Luan said.

Earl Thiessen, Oxford House executive director, said at the announcement he is a "massive supporter" of the peer-supported recovery model.

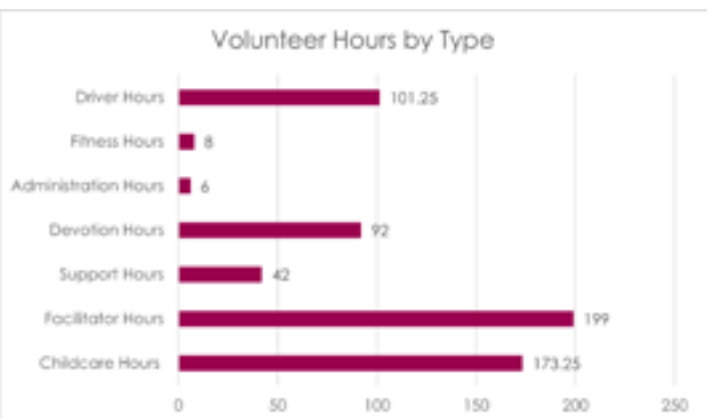
"Recovery communities are going to provide people with the opportunity to develop self-esteem, self worth and the ability to make thoughtful, beneficial decisions to move forward in their lives and how to deal with pressure situations with a positive response instead of a negative reaction," Thiessen said.

--- article continues online ---

Those who attend are encouraged to support one another in their recovery.

Volunteering at Adeara

We have many volunteer opportunities! Get involved at adeara.ca/ways-to-give



621
Total Volunteer Hours
in 2019-2020
(Excluding Board)

A letter to my future self - Adeara Resident

I've been sober now for nearly a year and three months, and while I thought a year into my recovery I would be magically cured, I'm not. Every day I am faced with triggers that I thought would have disappeared by now. I feel that getting sober was the easiest part: staying sober and walking through the things that lead me to addiction are by far the hardest. I look at myself now and although it's hard to see major changes, I remember a time that I could not even look at myself. If I could go back to a year ago and tell myself anything, I would say...

This next year is going to suck. You are going to be tormented in ways that your addiction never even tormented you. You will be forced to see the shame beyond what the drugs and alcohol could hardly cover up. You'll be exposed to the pain that you've attempted to numb for all those years. You may resent the people you love and are attempting to get better for: after all, they are the reason you can't use anymore. You will lose the people that you cared so deeply about in your addiction, the ones you hoped that would make it out of it with you, the ones you feel you failed to save. You will cling so tightly to those relationships with hopes that there's still a chance. You will risk losing yourself again until you accept that you need to let go. You will have a hard time facing yourself. Your thoughts will run rampant at how much easier it would all be if you just quit fighting the urges and give in again. The memories of the times you used and the people you were using with that cross your mind will make you envy that moment and make you wish so badly that you could be back there. You will be your own worst enemy. You will constantly remind yourself of all the wrongs you've done, especially to the ones you love. You will feel that you are unworthy of their forgiveness, and unworthy of your own. You will be forced to see the long-term consequences of what your actions have caused them. A child scared to sleep alone, afraid that when she wakes up you will no longer be there—or a father, no longer present, that you missed the opportunity to say good-bye to.

You will doubt yourself after almost every accomplishment. You will remind yourself of where you once were, and for a time, maybe even hold yourself back. You will feel frustrated when friends or family members are enjoying drinks at gatherings that you can no longer indulge in. You will struggle with setting boundaries with people that you care so much about. You will find yourself in a constant battle of wanting to lean on people from past relationships with the hope that they will be able to meet you halfway. You will struggle with the fact that no matter how much you may have grown in your recovery, sometimes the ones you love and care about stay just as dysfunctional or more. You will be angry. You will be angry when you feel exposed, and you will be hard on yourself when you make mistakes. You will avoid feeling weak and you will resist being vulnerable. You will be surrounded by so many strong amazing women, yet you will still feel so alone.

"I'm not what I have done, I am what He's helped me overcome."

Sometimes you may feel like you will never get better, and you may struggle with not knowing what comes next. You may have a hard time accepting where you are now, but Jesus says he will meet you where you're at. When you're ready, you will surrender the control you desire to have over your life and his plan for you will come into motion. You will see how he is using your deepest pain as the launch pad of His greatest calling. You will find joy in the moments you now get to have with your children and you will find peace in trusting Him to teach you how to make life mean something beyond what addiction gave you. You will envision a life for you and your children with no ties to toxic relationships and you will experience a freedom from those chains and the bondage of addiction. You will be able to forgive yourself from your past mistakes, because you know he has forgiven you.

I'm not what I have done, I am what he's helped me overcome.

Adeara Resident

A Challenging Time for Addiction Recovery

The theme for the past year at Adeara has been **adapting to change**. The sobriety prayer “God grant me the serenity to **accept** the things I cannot change; the **courage** to change the things I can, and the **wisdom** to know the difference” has definitely been an ongoing prayer for all of us. Learning how to live with the changes we all have faced with COVID-19 this past year has been challenging. In order to keep our women and children safe, we took a proactive approach and moved each family into their own suites; however, sadly, this meant a reduction in how many women and children we were able to provide treatment for at Adeara. At times, we had amazing volunteers help with buying groceries for the women, and since the schools were closed our counsellors became part-time teachers with the children—and they did such a great job!

This year we served 31 women and their children.

As I think about all the changes our women and children have had to face throughout the pandemic, I am truly amazed at how well they adjusted to what was often weekly or even daily changes. I am so grateful for our clinical team, who worked so hard at helping the women deal with feelings of fear, uncertainty, anxiety, social distancing/ isolation, loneliness, boredom, and a lack of social and family interaction. I am sure that at times we could say that we all felt some of those above feelings; however, when it comes to addiction, isolation, boredom, and loneliness are some of the biggest triggers for relapse. So, as a clinical team we spent a lot of time focusing on mental health and relapse. We encouraged the women to stay open and honest about how the pandemic was affecting them along with providing more time for individual therapy when needed. We did see an increase in depression and anxiety in some of our women, so monitoring that throughout this time became a priority and often a topic for discussion in group therapy.

This past year, the clinical team developed two new courses for our programming—*Addiction and the Brain* and *Let’s Talk Relationships*. *Addiction and the Brain* teaches residents how addiction affects the brain, and how the brain can recover from the impact of addiction. *Let’s Talk Relationships* allows the women the opportunity to look at the many facets of relationships and explore what it means to have a healthy relationship.

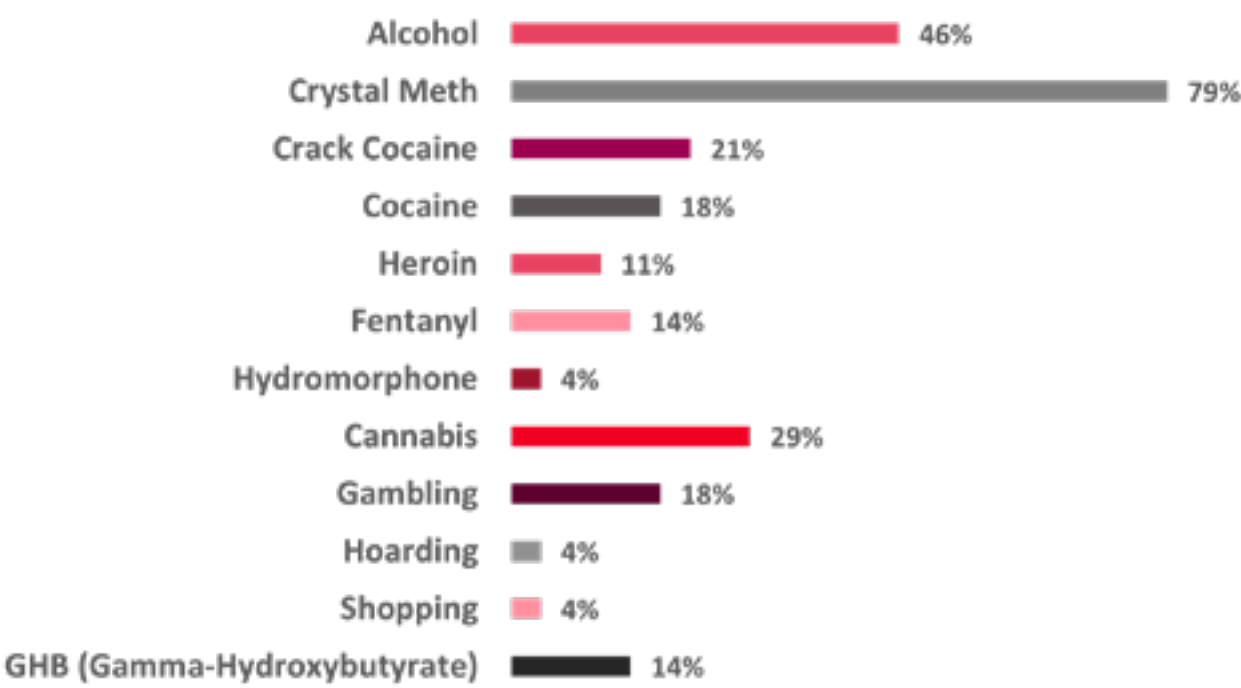
This year we also expanded our aftercare groups for alumni who move into independent living. Our longest group has been running for two years now with a strong cohort of Adeara alumni committed to their recovery. We also have an Alumni Genesis Process Group that encompasses all aspects of addiction and recovery. Quality aftercare and ongoing support is a vital part of recovery life. Statistics tell us that those who remain committed to a recovery program or group are less likely to relapse and more likely to develop long-term recovery. We continue to look at expanding and developing more aftercare supports for our women who move into independent living.

I feel blessed that God has provided such incredibly talented and professional women to work with our women. I remain thankful for God’s favour over our clinical team, and even though we still deal with many changes, I know we will continue to grow strong and provide our residents with quality programming, counselling, and long-term support!

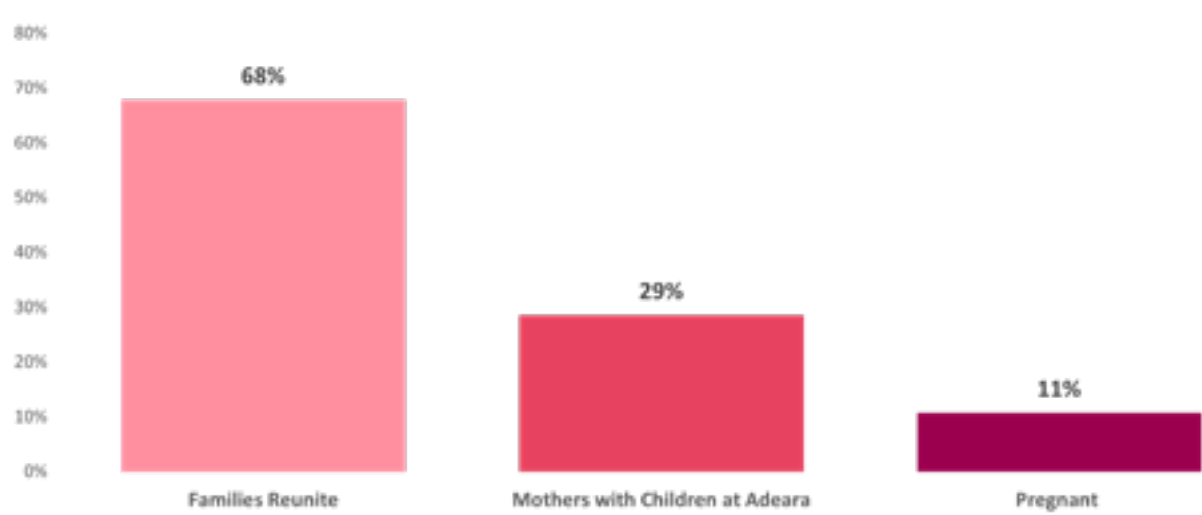
Kate Wyse, MA, CCC
Clinical Director

OVER 650
women served over
22 YEARS

Breakdown of Resident Addictions 2019-2020



Mother Population / Families Reunited at Adeara 2019-2020



Changing Lives is More Than a Fad

Introducing More Than a Fad Thrift Store

Our team at Adeara was blown away by a new opportunity for Adeara this spring. Early in 2020, Shepherd’s Care Foundation asked Adeara if we would consider taking on Treats N’ Treasures, a thrift store that had formerly raised funds to support senior living in Shepherd’s Care facilities. In the summer, the store came under the ownership of Adeara and its profits have become a new financial support for Adeara’s programming.

AN OPPORTUNITY AT A TIME OF NEED

This offer came at a time of financial need for Adeara. As the COVID-19 pandemic spread into the city of Edmonton, our community began to feel the effects of isolation and stresses on health and finances. At the centre, we began to feel the effects as well: the women and children in our care were no longer able to engage in daily activities included in their recovery programming, most volunteering was limited or postponed completely, and our staff faced new responsibilities.

When Shepherd’s Care offered the thrift store, Adeara saw the opportunity: this store could create some of the consistent revenue we need while simultaneously bringing awareness to Adeara.

A COMMUNITY EFFORT TOWARD A BIG ENDEAVOUR

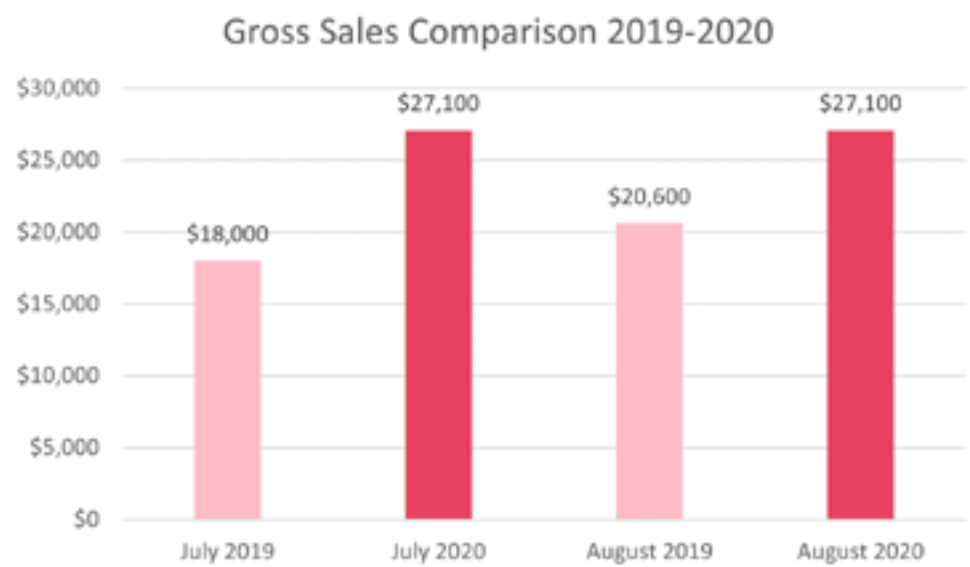
Adeara assembled a team to revamp the store. The thrift store team looked at every way to improve the shopping experience and the back-end operations. Team lead and store manager Charlene Nanninga hosted volunteer work bees each week, where Adeara supporters came out to help with the grunt work and share a pizza supper. Over the weeks, Charlene and the team installed new strategies to broaden the store’s supportive community and update the operations of the store. On July 2nd, Adeara launched the new store as More Than a Fad.

INTRODUCING MORE THAN A FAD

The store name came from one of Adeara’s support workers, Eden Evans. Eden had created the name for an Instagram account where she sold second-hand clothes online and donated the proceeds to Adeara. In between selling items, Eden used the account to tell her followers about Adeara and educate them on the realities of addiction. We loved the name and the heart behind it, and asked Eden if she would let us use it for the thrift store. With a true spirit of generosity, Eden agreed, and also came on board as our thrift store social media coordinator.

Since our launch, we have received tremendous support. Adeara supporters and the general Edmonton community alike have blessed us with donations, volunteered, and helped us spread the word. Though the store is still new, we are optimistic about the support and awareness it will bring to Adeara.

Kendra Thompson
Marketing and Fund Development Assistant



More Than a Fad gross sales (since opening) compared to previous year's sales.



Evening of Dreams 2019

Embrace the Wonder

This year's Evening of Dreams Gala took place on October 4th, 2019 and was attended by over 500 friends and family of Adeara. This year, we surpassed our goal of raising \$125,000 and were delighted to discover that, in fact, we raised \$173,000! Together we witnessed the transformational power of faith through recovery, and explored the opportunity to inspire hope, healing, and restoration through showcasing and celebrating stories of lives changed in our community through Adeara Recovery Centre.

This year's gala was held at the Delta Hotel Edmonton South Conference Centre and featured stories of impact, a clinical approach to care, vision for expansion, live entertainment, gourmet dining, and an array of items and experiences in our live and silent auction.

Special Guests

- Greg Musselman, our engaging emcee for the evening
- Grace Froese of Edmonton Drug Treatment Court Services, affirming the work that Adeara does for our city's toughest clients
- Ginger (past resident), vulnerably sharing her journey
- Chairman of the Board Mark Evans, giving a recap of the extensive centre renovations of 2019
- Auctioneer Ben Kellert, helping us raise \$16,000 in the live auction alone
- Lori Patrick, Executive Director, concluding the evening by inviting friends of Adeara to help support the recovery journey of the women

The evening ended with a standing ovation for the women of Adeara, who were in attendance. It was a moving demonstration of love and support. How wonderful it was to embrace the wonder of changed lives. Thank you so much to our sponsors and all those who attended for making this a memorable evening.

We want to extend a massive THANK YOU...

...To our fabulous team, volunteers, and generous donors who made this event possible. And, to our event sponsors, Barcode Construction, Duggan Dental, and Collins Steel.

This year we had 554 people in attendance, raising a record of \$173,000 in support and donations! Thank you, everyone who made this incredible achievement possible, from the planning team to the program talent to everyone who attended.

Leap of Faith 2020

Due to COVID-19 as well as weather restrictions, the Leap of Faith was postponed to 2021, but still managed to raise over \$100K for Adeara.

When COVID-19 entered Canada in March 2020, the Adeara team decided to postpone the annual Leap of Faith in June to September 12th, 2020 when gathering restrictions were anticipated to be lifted. The postponement gave us more time to gather jumpers and help those jumpers fundraise in the midst of a pandemic. **Despite the circumstances, we managed to get 42 jumpers on board who together raised over \$106,500, which is over \$20K more than last year!** Though we were not able to have the event in September—due to rain-out conditions and then COVID-19 preventative measures—we consider the event a success and look forward to celebrating with everyone in June 2021.

42 JUMPERS

\$106,500 RAISED in 2020

We raised \$84K in 2019



Coming Soon: Recovery Coffee

This year we partnered up with a new local roastery: The Wall Coffee Roasters. With these new partners, we have rolled out our own Adeara "Recovery Coffee", with 90% of profits going to Adeara. The coffee is roasted fresh here in the Edmonton area and sold at Adeara events. We are soon to receive new, custom-designed packaging and roll out online ordering. Stay tuned for more updates!

Pictured: Michael Wall of The Wall Coffee Roasters (middle) with Wes Wall (left) and Mark Evans, Chairman of Adeara Board (right).

Our Supporters

We are so grateful for faithful support from the following:

Bethel Christian Reformed Community Church
Ben Sawatzky Foundation
Butler Family Foundation
Champion City Church
Comfort Heating 1981 Ltd.
Gospel Centre Pentecostal Church
Eaglemont Christian Church
First Christian Reformed Church
Etoroma Creative
Hope City Church
JIREH Industries Ltd.
Leder Charitable Foundation
Link Charity Canada Inc.
Northwest Penecostal Assembly
PAR Foundation
Schroeder Trucking
Seen Ministries
Shoppers Drug Mart – Life Foundation
SMMART Foundation
Sobeys
Southside Pentecostal Assembly
Spruceland Millworks Inc.
Stanley G Kroeker Professional Corporation
The Church at South Edmonton
The Park Pentecostal Church
Trinity Christian Reformed Church
Trinity Mar Thoma Church
Wall Coffee Roasters
Wawanesa Insurance
West Edmonton Christian Assembly
Young Philanthropists Initiative of Canada

Thank you to all 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 eternal impact.

SPECIAL THANKS TO

Anchored Collective
Art of Charcuterie
Eugene Dentistry
Everyother Studio
K-97 Classic Rock
Leftovers Foundation
Made with Love Cookies
Masks 4 Canada
More Than a Fad Thrift Store
No Woman Without
Perio Partners
Seen Ministries
The Wall Coffee Roasters
Tycoon Events
WOW Factor Desserts

Year at a Glance

Overview of 2019–2020

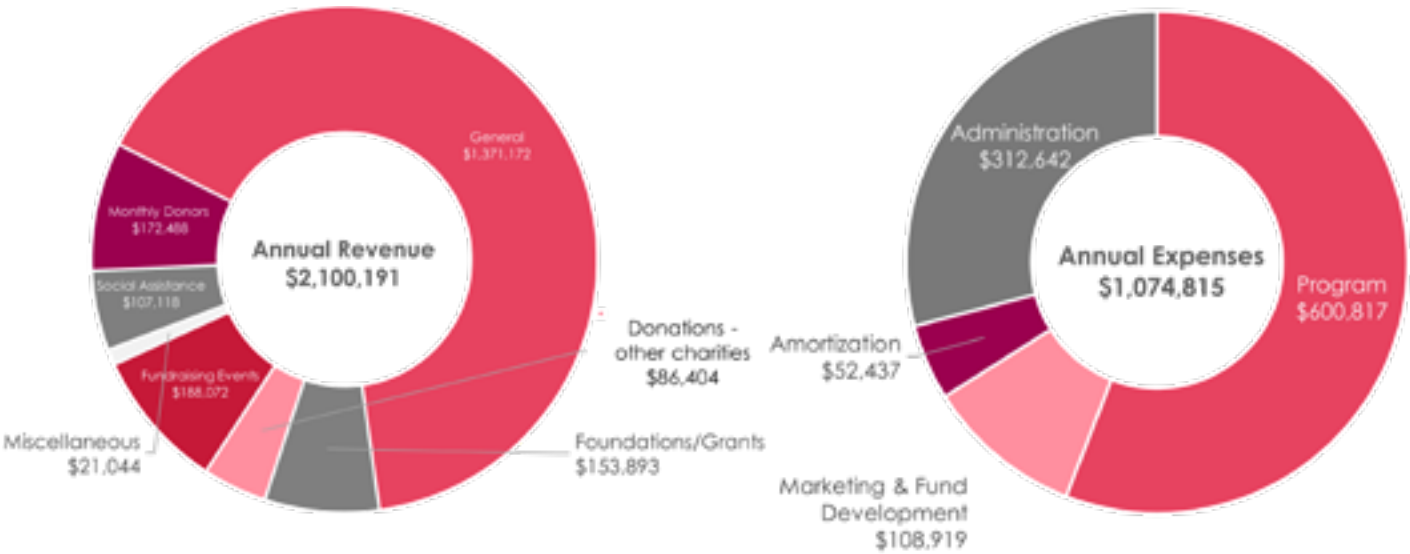
After getting through 2018/19, it became clear that there was more work to be done to balance our budget each month. Last year was about reducing our expenses, and 2019/20 was about increasing our monthly income. As we look forward to expanding, it's important that we are able to sustain the expenses that we are incurring in our present state.

We have assembled a Fund Development team, consisting of Cam Milliken, who gives us his time to help execute the Fund Development Strategy that was developed for our organization, as well as our Fund Development & Marketing Assistant, Kendra Thompson, who provides great project management and communication. Together we have identified priorities as it relates to building a steady and consistent stream of revenue.

A few ideas that have become a reality are:

- Recovery Coffee – a partnership has developed and grown with the Wall Coffee Roasters who have developed our Recovery Coffee that is branded and ready to sell.
- We have received a Community Initiative Program (CIP) Operating Grant from the Alberta Government, enabling us to cover some of our operating costs.
- More Than a Fad Thrift Store has launched and although it is still new to Adeara, we are seeing monthly revenue from profits of the store each month.
- Together with the Etoroma Creative team, we have partnered with Cineflair to launch a monthly donor campaign, with the intent of bringing greater awareness of Adeara to our city and anticipating the addition of 200+ new monthly donors.

We eagerly look forward to what lies ahead, and we commit to increasing awareness of what we do for those we serve and as well as making a difference in mental health and addiction in Edmonton and beyond. We continue to be fully accredited with 100% compliance and awarded Accreditation with the Canadian Accreditation Council for four years (to 2021).



Growing Forward



adeara

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