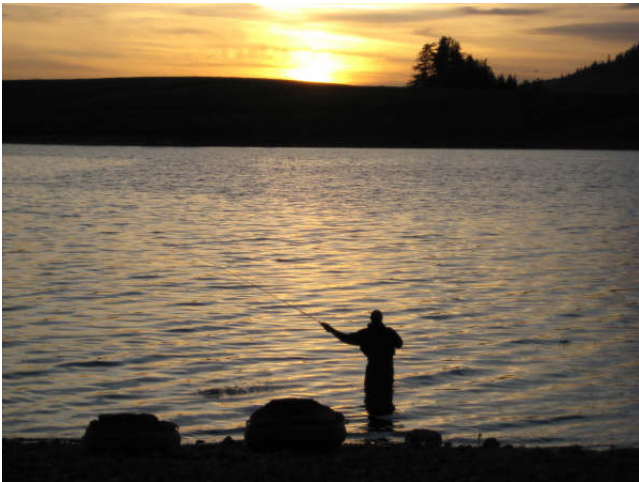




2010 Annual Report



The mission of the Last Door Recovery Society is to provide supportive, therapeutic environments where individuals and families experiencing negative effects of addiction can get assistance and support to improve the quality of their lives.

Last Door Recovery Society

www.lastdoor.org

Last Door Recovery Centre

323-8th Street, New Westminster, B.C. V3M 3R3

adult@lastdoor.org

Last Door Youth Program

109 Ash Street, New Westminster, B.C. V3M 3R2

Phone: 604-520-3587 Fax: 604-521-1889

youth@lastdoor.org

Transitional Living

Next Door & Nanaimo House

327 and 331 -8th Street, New Westminster, B.C. V3M 3R3

1113 Nanaimo Street, New Westminster, B.C. V3M 2E7

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LAST DOOR RECOVERY SOCIETY

BOARD OF DIRECTORS

Executive

President Anders Kvarnstrom
Vice President Haneef Esmail
Secty/Treas

Members

Rob Hurst
Gordon Truscott
Todd Ware
Akram Ftaya
Gary George
Aman Sanghera
Doug Eastwood
Rob Proudfoot
Jennifer Lowrey
Dennis George

STAFF

Executive Director David Pavlus, CCS
Administrator Louise Cooksey, CCS
Program Manager Nick Ringma, ICADC
Community Development Giuseppe Ganci

Adult Program

Don Moran, ICADC Darren Galer, ICADC
Daniel Marks, ICADC Blair May, ICADC
Jared Nilsson Vince Chua
Chrystal Sinclair Bill Bahia
Jimmy Sandes Phil Bodenbender
Jason Maier

Youth Program

Peter Beka, ICADC Jessica Cooksey, ICADC
Cam Cutler Matt Kalenuik
Phil Hamel Daniel Sinclair
Don Presland Ben Gustafson

Last Door has continued to deliver high quality services that result in ongoing success of for our clients. It has been a challenging year in terms of coping with government cutbacks and our own program growth. Challenges have been met successfully largely due to the good leadership, a strong, committed staff team and the energy and commitment of our many supporters.

FINANCIAL REVIEW

A financial review was conducted August 31, 2010 by Meyers, Norris Penney, LLP. The society remains financially sound with a growing asset base yearly. All financial commitments are up to date. The 2010 Annual Financial Review and 2011 Budget were approved at the AGM held June 4th, 2010. Copies of the Financial Review can be obtained by contacting:

*LAST DOOR RECOVERY SOCIETY
323-8TH STREET,
NEW WESTMINSTER, B.C. V3M 3R3
louise@lastdoor.org*



**MESSAGE FROM EXECUTIVE DIRECTOR
DAVID PAVLUS, ICADC. CCS**

This has been another growth year for Last Door, not so much in terms of outward size but in terms of internal growth. Refinements to the programming have been developed and implemented based largely on staff incentive.

I took a month long, stay at home vacation in the Spring. Other than having a very good rest I was very pleased to see how well things managed in my absence. Once again I am impressed with our staff and management team. Things rolled along, decisions were made, problems were solved. I haven't seen myself as indispensable to Last Door for many years now and this was a verification that everyone plays a significant role in daily life at Last Door from the guys whose chore is sweeping the floor to Louise and the Board who manage our finances. As Pedro used to say "the house don't run if the dishes ain't done."

The things that measure success at Last Door have always been about how people feel and how inspiring the environment is. Each year someone tell me that "you can feel the energy when you walk in the door." This what measures success beyond property, numbers, contracts and even clean time. We ask ourselves daily if the things that really matter are present in our daily lives at the Door – time for the new guy, integrity, honesty, caring about the guy next to you and having fun. This might not be your typical organizational checklist but these measurements are what spell success for our recovery community.

We look forward to the coming year and what it might bring. Everyone plays a significant role in Last Door...the Moms and Dads, the kids, the wives and girlfriends, the staff, the local community, the Board, the alumnus, the donors.....we value and are grateful for what each person has to offer.

Thanks to everyone who is involved and we look forward to 2011.

David Pavlus

LAST DOOR RECOVERY CENTRE

UTILIZATION

- Between January 1st and December 31st, 2010, a total of 164 clients went through the adult program
- 76% of intakes completed the program.
- Clients who completed the program stayed an average of 197 days.
- Those who did not complete stayed an average of 58 days.
- The average number of persons on the waitlist each month was 42.

CULTURAL DEMOGRAPHICS

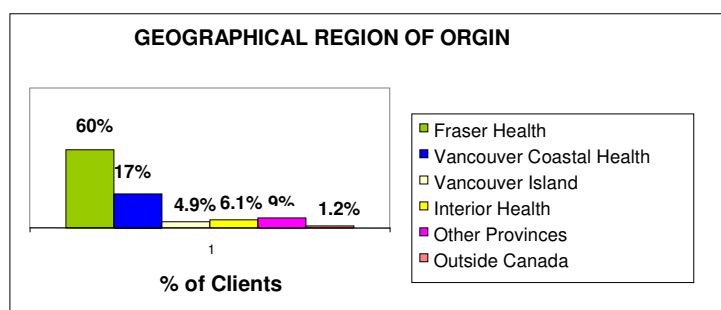
AGE

55.5% of clients who participated in the program were under 30 years of age; 29.9% were 30 to 40 years of age 13.4% were over 41 to 55 years and 1.2% were over 55.

ETHNICITY

The majority (82.3%) of our clients were Caucasian with increased numbers of clients identifying as First Nations and South Asians.

REGION OF ORIGIN



60% of clients were from our home Fraser Health Region.

EFFECTIVENESS

Nicotine Cessation at Follow Up

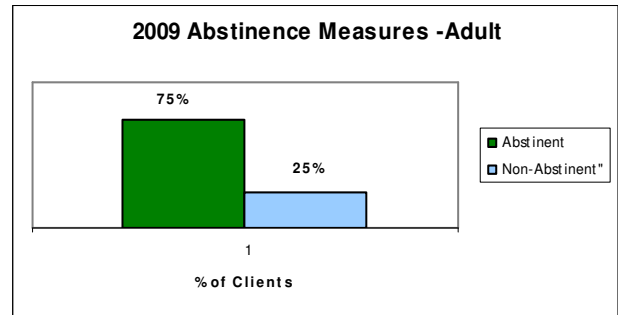
71% of clients reported abstinence from nicotine at follow up. Last Door is the pioneer of complete nicotine abstinence treatment in Canada. We are in our 17th year of this holistic approach..

Drug Use

*75% of clients reported abstinence from ALL alcohol and drugs at follow up. High levels of satisfaction with progress in terms of life area ratings were also noted.

Last Door's mandate in terms of optimal harm reduction is **complete freedom from drug dependence** hence abstinence is used as a measure.

*72% of clients responded to follow up surveys



Efficiency

- Last Door Recovery Centre services were utilized 100% throughout 2010.
- Last Door Adult program provided a total of 17,593 bed days in 2010.
- Overall costs increased by .080% in 2010.

LAST DOOR YOUTH PROGRAM

STAFF

Peter Beka, ICADC and Jessica Cooksey, ICADC jointly coordinate the program under the supervision of Program Manager, Louise Cooksey. Bonnie Gallagher, MSW provides clinical services and Linda Lane provides Clinical Supervision.

UTILIZATION

In 2010 Last Door Youth Program had 33 intakes.
76% of the intakes completed the program.
The average length of stay for those completing the program was 196 days.

OCCUPANCY



The 2010 utilization rate was 84%. Fraser Health Addictions purchases one on an annual basis; the remainder of the beds were utilized by MHSD, MCFD or Self Pay clients and by FHA interim contracts.

EFFICIENCY

Last Door Youth Program delivered services at a rate of \$250/bed day. Core cost pressures continue to escalate hence fundraising efforts are crucial to maintain this program.

CULTURAL DEMOGRAPHICS

AGE

The majority 46% of youth were 18 years old followed closely by 17 year olds at 33%. 18% were 16 Years old and 3 percent were 15 Fifteen Years of age. Those who turn 19 while in treatment are transferred to the adult program.

DRUGS USED

- 100% of clients were poly drug users.
- Primary “drugs of choice” was Marijuana followed closely by Alcohol and Crack/Cocaine.
- The average age of onset was 14 for most drugs and 12 for alcohol.
- There is a growing trend for prescription drug abuse by youth.
- 15% of youth were IV drug users

GEOGRAPHICAL ORIGINS

- The majority (52%) of clients were Fraser Health residents.
-

FUNDING SOURCES

Private funding and MHSD files made up 36% of the client funding basis respectively. Fraser Health funding was available for 15% of our clients and First Nations Bands and MCFD together accounted for the remaining 3%.

EFFECTIVENESS

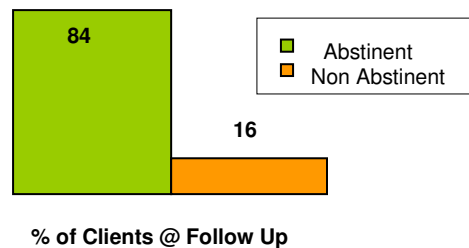
NICOTINE

63% of total respondents reported abstinence from nicotine at follow up.
Nicotine relapse during treatment is relatively rare and is treated as a learning experience.

DRUGS AND ALCOHOL

84% of those completing the Last Door Youth Program reported having maintained abstinence from all drugs at follow up.

60% of those reporting relapse indicated a desire to return to an abstinence lifestyle at some point in the future.



LIFE AREA SCALE

Life Areas Rating Summary Intake vs Six Month Follow Up

Life Area	% of Respondents
Improved Emotional/Mental Health	90%
Improved Employment/Educational	80%
Improved Physical	81%
Improved Family Relationships	80%
Improved Criminal Justice Involvement	95%
Improved Social Support System	92%
Improved Leisure Activities	78%
Improved Self-Esteem	90%
Improved Housing Conditions	99%
Improved Alcohol and Drug Use	97%

Level of Satisfaction with Progress	Excellent=89%	Good=11%
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Follow up surveys are conducted at three and six months post-discharge.

SATISFACTION AND OUTCOME RESPONSES -COMBINED (61) ADULT AND YOUTH PROGRAMS

Client Outcome and Satisfaction Surveys revealed

- 100% of respondents noted that the staff met their requirements.
- 100% of respondents noted that the length of program was satisfactory.
- 100% of respondents noted that they would encourage others to participate in the program.

TRANSITIONAL LIVING

NEXT DOOR

Two apartment buildings located “Next Door” to the Last Door Recovery Centre. One building contains 10 units and the other contains 6 Units. They are located at 327 and 331-8th Street respectively. These facilities provide transitional housing for clients who have completed core treatment but still desire/require a supportive safe setting. Stay in Next Door is open ended.

NANAIMO HOUSE

This is a multi-suite house located at 1113 Nanaimo Street in New Westminster. There are a total of 10 beds available and the building has on site staff. This facility is houses mainly youth who are in transition and is a much needed addition to Last Door Services. Youth have a very difficult time finding suitable, safe, drug alcohol and nicotine free housing post treatment. Stay at Nanaimo House is open ended.

LIFESTYLES GROUP

The Lifestyles Group educates and supports clients in making healthy and informed lifestyle choices and covers topics from money management through dental care. The goal of this weekly group is to help clients become more aware of the numerous lifestyle choices they can make that will enhance the quality of their lives while in treatment and post treatment.



Lifestyles Group @ Steve Nash Boot Camp

Since the innovation of nicotine free programming 17 years ago Last Door has been conscious of the benefits of addressing health and lifestyle issues while in treatment. Development of this group was a natural evolution in our wholistic approach to treatment.

This group is the brainchild of Jared Nilsson and Daniel Sinclair who together with Clinical Supervisor Linda Lane developed the manual for this all important program. Group attendance is not mandatory but attendance has been on average of 14 residents twice weekly 8 am group.

Healthy living and Lifestyle health are at the core of this group's philosophy. They are the main building blocks to fulfill each person's potential for living a happier and more satisfying life. Lifestyle groups provide information and education on dealing with lifestyle health, any chronic illness, recovery and creating healthy lifestyles.

Guest Speakers and group outings have been a part of the group. Examples are Kinesiologist, Body Works @ Science World, VON Body Mass Index, Diabetes Testing, Blood Pressure & Cholesterol testing, VanCity Financial Management speaker, Steve Nash Boot Camp, Acupuncture and Dental lecture from Dr. Toews.

MEDIA GROUP



This group focuses on recovery from internet, online and video gaming and gambling addictions. The goal of this group is to help clients become aware of the nature of these "process" addictions and then to learn to make better choices about these activities that may include abstaining from them altogether or reducing the amount of time spent. Development of this group is an important step in Last Door's efforts to help individuals gain freedom from addiction.

Media Group Philosophy is "*The belief that Awareness & Education are helpful tools to elicit change in media addiction*"

Vincent Chua

Media group is a focused therapy group designed to educate clients on the aspects of problem gambling and media addictions and discuss day to day challenges with learning to be free of these self defeating behaviours.

Goals:

- Assessment of each individual that fits criteria to address a media or gambling addiction
- Educate potential hazards
- Provide awareness and healthy alternatives and prevention tools

Objectives:

- To cover the fundamentals of recovery that can help clients overcome the urges to self defeating behaviours
- Identify Stress & Triggers
- Define individual treatment plan related to gambling and or media use.
- Reduce media use when necessary
- Guide healthy choice alternatives post treatment



The basic group is an educational framework for working together to support and learn new ways to deal with life's challenges.

No one is ever "cured" from Gambling addiction and SMA, but symptoms can be managed. SMA is often characterized by frequent periods of remission and relapse, so it is important to monitor closely while in treatment.

Once an individual has been exposed to social media, they may be unable to predict or control the extent to which they will continue its use. Social media is one of the most addictive habits that has been devised so far and some social media addicts become physically and psychologically dependent on social media after minimal exposure.

Matt Kalenuik

FAMILY PROGRAM

Family Counselling – Group and Individual

The Family Program as an addendum to client services. The Family Program consists of weekly evening group sessions designed to education and provide peer support to families who have been negatively affected by addiction. Individual and couples counselling is arranged on an “as needed” basis Each group is approximately 2 to 2.5 hours in length and are facilitated by trained counselors. Family groups include;

- Women's (Partner's) Group
- Co-Parenting Groups
- Couples Groups
- Parents' Group

Family Suites

There are two suites that are using for family visitation. These suites allow family members to visit with their loved ones privately on site and to participate actively in treatment activities. Family members who have accessed the suites in 2009 include parents, wives, children siblings and grandparents of clients. There is no charge for stays in the Family Suites.

The Family Program (with the exception of social/recreational components) is funded by Lottery Corporation of BC funds.

FEEDBACK

WHAT OUR CLIENTS ARE SAYING

“I had given up on myself but thanks to my family and to Last Door I feel like I an have a life again.”

“I wish I had found this place sooner; the guys, the staff, the families, and the fun we have in recovery all make be believe I can succeed and enjoy life again.

WHAT OUR FAMILIES ARE SAYING

“The Parent's Group changed my life – it made everything come clear

“You can feel the positive energy as soon as you come in the door.”

“I have been hoping for something like this longer than I can remember- our family feels whole again. ”

COMMUNITY

The Last Door Recovery Society is responsive to community needs and encourages the residents to build positive regard within the New Westminster community. This prepares them to become productive members of their home communities once they have completed their treatment.

Last Door has played a pivotal role in New Westminster becoming very well known as the “recovery capitol” of Canada.

Information concerning program effectiveness and consumer satisfaction is collected and reviewed by management, staff and Board annually. This review informs our Strategic Planning Process.

2011 GOALS

1. Strengthen relationships with new referral sources
2. Complete Meeting/Group Room at Adult Program
3. Bring CRM online at both programs
4. Continue training program and staff certification upgrade