

ANNUAL REPORT 2020-2021



BOARD CHAIR AND CHIEF EXECUTIVE OFFICER'S REPORT

The events of the past year have been unprecedented. A global pandemic, stay-at-home orders, and isolation for many have led to an increase in mental health issues and addictive behaviours.

In response to these challenges, ADAPT reacted quickly, effectively and with little disruption to client service to move to a virtual service model. Staff were given training and support to use this model in order to ensure that quality counselling was maintained. Congratulations to all who adapted, persevered, and embraced the new requirements.

ADAPT continues to be a leader in addictions services in Ontario. The strength is the people – from the leadership and vision of CEO Ian Stewart, COO Glen Ricketts, the program managers, counsellors and administrative staff. You should all be proud of your accomplishments in the past year.

We are at the end of an era with the retirement of Ian Stewart. He has been guiding ADAPT for 41 years from a single program organization of 6 employees to one with 11 specialized

programs that respond to the diverse needs of the residents of Halton. He has worked to create a committed and talented staff of over 60 to carry out the mission and principles of ADAPT. He has been the embodiment of those principles for 41 years and is leaving an organization that is the gold standard for addictions services in Ontario. I have worked with Ian for many years and on behalf of the Board, I thank you for your dedication, vision and passion for the work of ADAPT. We know that the excellent work of ADAPT will continue under the leadership of the new CEO Glen Ricketts.

Marilyn MacLennan

Marilyn MacLennan
Chair

This past year was exceptional for ADAPT in many ways related to the impact of COVID-19 on operations. Perhaps most noteworthy was our ability to shift so quickly from office based services to delivering our complete range of services remotely and virtually within approximately a week. What

is also remarkable was our ability to address significant service gaps through successful submissions for new funding while dealing with all the challenges of the pandemic.

Over the past year, ADAPT has taken much care and consideration in adjusting our service delivery model to operate in a virtual space. At each step of that process, in addition to the maintenance of high quality services, the safety of our staff, clients, and the public has been our highest priority.

While providing our range of services through virtual and remote processes it is important to note that client satisfaction with this mode of service delivery exceeded our expectations, as reflected in unexpectedly high service volumes. We completed a survey on our clients' experiences receiving virtual care with an overall virtual satisfaction rate of 94%.

I am also pleased to report that ADAPT's business case proposal for a Nurse Practitioner position was approved. This newly acquired Nurse Practitioner will allow for specialized community based

2020 - 2021
Board of Directors
MARILYN MACLENNAN
BOARD CHAIR
DEBORAH MOOR
VICE-CHAIR
ANN BARRETT
SECRETARY-TREASURER
ELLEN WILLIAMS
DIRECTOR
SANDI ROBINSON
DIRECTOR
STEPHEN COLLINSON
DIRECTOR

WHO WE ARE...

20 years +

Ian Stewart
Glen Ricketts

15-19 years

Samantha Clark
Terry Corbin
Ed Matin
Diane Baxter

10-14 years

Candace Blundell
Priya Chauhan
Brent Gmora
Brenda Paco
Kate Rizzuto
Joseph Testardi
Sara Thrower

5-9 years

Arturo Diaz
Nadia George
Naome Howe
Sandra Huskinson
Kathleen Kelly
Heather Ruttan
Nicole Scheeff
Heather Simai
Ashley Steeves

Less than 5 years

Richard Amoateng
Jacqueline Bast
Justyna Bialas
Sabrina Bigrigg
Kelly Blum
Jennifer Bober
Ashley Byckalo
Michael Capinpin

Sarah Caspick
Kasia Chodyka
Denise Copping
Meaghan Cummins
Mackenzie Dahms
Josephine Dalla Via
Ashley Davidson
Robert Emery
Amrutha George
Taylor Hornsby
Sarah Hughson
Lindsay Jonz
Rissah Le Camp
Melissa Loftman
Sayeeda Manes
Joanne Markus
Lisa Maucieri
Philippa McCaffrey
Sean McQuarrie

Corrie McIlveen
Katlyn Morrison
Sarah Nicol
Alexandra Oster
Anna Pita
Esi Quaye
Hayley Quinton
Andrew Sangster
Elizabeth Sangster
Julia Sormaz
Jessica Stanley
Scott Swiniarski
Laura Toomer
Steven Turner
Angela Wu
Danielle Whitefield
Andrew Worotniuk
Bailey Young

Joined ADAPT
between April 1,
2021 and August
31, 2021:

Anthony Amodeo-Thomson
Alexandra Cimino
Shianna Edwards
Akif ul Haque
Tim McDonald
Melissa Penman
Alexandra Roll

primary health care support pertaining to a range of addiction medicine needs for clients in the community. Clinical assistance through a Nurse Practitioner across a range of supportive community contexts will greatly improve the medical management of clients who need access to primary health care and/or medications. The nurse practitioner role will increase our capacity to stabilize individual substance use related health problems in the community.

In conjunction with Joseph Brant Hospital, ADAPT submitted an opioid program initiative to the Region of Halton's Community Investment Fund, to provide direct support and community prevention to those with an opioid problem in Burlington. I am pleased to report that we recently received notification that the funding proposal was successful and will be funded starting this summer.

In closing, this agency has evolved in a remarkable way over the past 45 years and everyone at ADAPT should be proud of the many accomplishments achieved. It is important that ADAPT continues to be viewed as a leader in the area of addictions services going forward and builds on our many successes. The leadership status that we currently assume is clearly a function of building and maintaining services that are of the highest quality, and grounded in best practices. ADAPT is extremely fortunate to be associated with so many dedicated and devoted volunteers and employees who are the driving force behind our ability to achieve and excel in so many of our operational areas.

Ian Stewart

Ian Stewart
Chief Executive Officer

DIRECTOR OF OPERATIONS REPORT

Just prior to the beginning of the 2020-2021 fiscal year, ADAPT responded to the COVID-19 pandemic through a sudden shift to remote and virtual services. Fortunately, the agency was already developing the infrastructure and policies to allow for effective remote work, as a part of our ongoing commitment to service accessibility.

Having the equipment and polices to support remote and virtual services was, however, only the tip of the iceberg. The agency needed to adopt new systems of service delivery and develop and deliver programming that met our mandates for validated clinical practice, inclusion, accessibility, and which could support the capacities required to best serve our diverse clientele.

In each of the program reports presented at this year's Annual General Meeting, you will hear about the large number of virtual programs and initiatives that were expediently developed and delivered, leaving our clients with little or no gaps in service. Even with the time required for development, in 20-21 ADAPT delivered 1819 group sessions and hosted over 40,000 client interactions, essential to

so many struggling with addictions issues, often enhanced by the challenges of the pandemic.

These dedicated responses across all of our programs and services were not only highly effective in meeting the needs of our local communities, but also resulted in ADAPT serving clients from across the province, and beyond.

In addition to this successful shift to remote and virtual services, the agency has maintained our commitment to access for all, through offering safe and flexible in-person services that met or exceeded all COVID safety practices. For example, we maintained our commitment to Nicotine Replacement Therapy (NRT) by delivering NRT products directly to our clients' doorsteps. Our staff who are assigned to hospital and partnership settings continued to provide on-site services, and our new Safe Beds partnership opened its doors to the first clients served.

The agency also further enhanced our commitment to equity, diversity and inclusion, (EDI) with the creation of a new EDI committee that has worked with the Halton Equity & Diversity Round Table to

2020-21 CLIENT SATISFACTION SURVEY RESULTS

Felt completely satisfied or satisfied with their overall involvement with ADAPT

95%

Strongly agreed or agreed it was convenient and easy to access virtual care at ADAPT

93%

Felt respected and valued by their counsellor

85%

Felt their counsellor was knowledgeable and understanding

84%

We would like to express our sincere gratitude to the funders and donors who support our services.



COMMENTS FROM 2020-2021 SATISFACTION SURVEY:

*“I was fortunate to have a great experience with my counsellor. She has helped me throughout of the hardest moments of my life and with her guidance and support I have a better understanding on addiction and mental health.
Very grateful to have her.”*

“It saved my life. I was struggling and even though there is a pandemic I received the counselling and referrals I needed to live a healthier and happier life.”

*“The staff of ADAPT and it’s ancillary associations are well trained, compassionate and comprehensive. There is a strong sense of continuity within the association.
This lends to a strong sense of cohesion from upper management to the therapist level. Thank you for providing this help and support through these difficult times.”*

“I appreciate the help and support of all ADAPT health care providers that facilitate and all clients like myself group participating in these virtual Zoom groups such as Mindfulness, Harm Reduction, Phase 1, etc. For me personally, it helps me with daily/weekly structure, routine and commitments to help improve my life, health and well-being.”

“I would like to take this opportunity to express my deepest gratitude to the members of ADAPT. They have done wonders for me. I feel a LOT better than when I first came in.”

respond to the needs of the diverse communities we serve, and to ensure that all feel welcomed and valued. Our EDI and Professional Development Committees developed and delivered a variety of virtual initiatives to maintain our staff’s health, morale and clinical skills at the levels necessary to continue to provide high volumes of quality services. These initiatives included workshops on Compassion Fatigue, Vicarious Trauma and Personal Wellness: A commitment made in support of our belief that healthy staff and a healthy workplace supports healthy clients and improved clinical outcomes.

“The most important factor in survival is neither intelligence or strength but adaptability”

Charles Darwin

Nearing the end of the 20-21 fiscal year, ADAPT and our partners at Support House worked collectively in our successful application to add a Nurse Practitioner to community addictions and mental health services, a model that we believe is the first of its kind in Ontario. This is only one example of how ADAPT and our partners continued to lead the evolution and improvement of community addictions and mental health care, through innovation.

I would like to acknowledge and thank our staff, board of directors, funders, colleagues, health care partners, volunteers, students and clients for the collective and collaborative efforts that made 2020-2021 a year of continued dedication to the development and delivery of accessible, equitable, inclusive and effective addictions services.

Respectfully,

Glen Ricketts

Glen Ricketts,

ADAPT Director of Operations

COMMUNITY JUSTICE PROGRAM

The Community Justice Program continues to provide services to adults and youth through contracts with the Ministry of Children, Community and Social Services and the Ministry of the Attorney General, under the direction of Program Manager Terry Corbin. These contracts allow Youth Probation Officers and Probation and Parole Officers to refer clients directly for appropriate, time sensitive services. Our relationship with these ministries is long-standing and unique.

With the COVID-19 pandemic introducing remote and virtual services only, the Community Justice Program was able to adjust quickly to this new type of service delivery. During the fiscal year 2020/21, we provided service to 199 clients on Probation and Parole orders, culminating into 1995 visits. We also welcomed Corrie McIlveen to our CJP Program as the Probation and Parole Addiction Clinician. Corrie brings with her a number of years’ experience working with this population. On the Youth side, we provided 16 clients on Probation with 178 visits. The EJM (Extra Judicial Measures) Program, a pre-charge diversion program and EJS (Extra Judicial Sanctions) program, a post-charge diversion program, served 53 clients that translated into 392 client visits, despite there being no court for a period of over 5 months. Virtual court services were initiated in September 2020 and, by October, ADAPT was attending Youth Court by way of Zoom. With lock-downs and restrictions in place, there was a drastic drop in pre-charge diversion cases. We continue to meet with the Crown Attorney’s office for Youth Court, and Halton Regional Police Social Workers, to discuss how we can enhance our relationship and programming to those involved in these systems. We want to acknowledge Sara Thrower for her continued commitment and efforts related to the EJM and EJS programs.

ADAPT continues to partner with the Elizabeth Fry Society, as we are the primary treatment provider for addiction services to clients that choose to participate in Community Drug Treatment court. While the Community Justice Program provides addiction services to this unique population, we continue to maintain our current community relationships while

forging ahead to develop new relationships with our community partners, primarily through the Halton Human Services Justice Coordination Committee.

During the 2020-21 fiscal year, ADAPT and our partners at the Canadian Mental Health Association (CMHA), Support House (SH), the Halton Regional Police (HRP) and the Region of Halton launched a new Safe Beds Program. The program provides services to individuals living with mental health concerns and recent or current involvement with the criminal justice system. Strong collaboration with our Safe Beds partners has been the hallmark of this short term (30-day) residential program, with 24-hour on-site supports, to assist clients in stabilizing their mental health and addictions issues, and in connecting with appropriate resources for ongoing support. In August, 2021, ADAPT welcomed Andrew Worotniuk to our team, as the Addictions Specialist for the Safe Beds Program. While COVID-19 has impacted the initial rollout, more than 20 clients have already made their way through the residential facility in Oakville, with a many of these clients choosing to be connected with ADAPT's Addiction Worker.

COMMUNITY ADDICTIONS LIAISON TO THE EMERGENCY DEPARTMENT (CALED)

The Community Addictions Liaison to the Emergency Department (CALED) program strives for the effective integration of prevention, treatment, and recovery services in our local health care system. This is pertinent to addressing substance misuse and its consequences. It represents the most promising way to improve access to and quality of treatment for the patients presenting to the emergency department. We remain hopeful that the integration between community and hospital will be successful leading to reduced costs to society and getting individuals the support they need in an optimal way. Staff continue to provide a 2 hour response time for each hospital referral, they offer evening and weekend support which are often the most difficult times for our clients and they provide intensive services to best support the transition from hospital to home.

ADULT PROGRAM

The ADAPT Adult Addictions team had another year of transition, on-boarding new staff with a variety of strengths and fresh ideas, while learning to deliver our quality service through virtual and remote modalities. Despite these transitions and the challenges of the pandemic, the Adult Addiction team was successful in maintaining the core competency of screening all clients across the region and providing quality services with minimal wait times. The Adult Programs group services were offered to all clients as the first point of treatment and were accessible to any client within the agency.

The Phase One Group continued to be the most populated, with any client registered at ADAPT being welcome to participate. With the pandemic closing all locations of ADAPT, we offered three virtual Phase One groups, two Phase Two groups (emphasis on SMART goals), and two Phase Three groups (for those who choose abstinence as a goal with emphasis on SMART goals). All were offered both in the day time and the evening, to ensure accessibility to all. These groups remain important core

services at ADAPT and have been instrumental in meeting the on-going demands for addiction services in Halton Region.

This fiscal year, the Community Justice Program team, in conjunction with the Adult Core team launched a pilot group called Harm Reduction. This program was established as a drop-in group with an overall goal of reducing harm to individuals who use substances. Harm reduction seeks to minimize the problem effects and enhance safety for behaviours that can have negative consequences. Harm reductions shifts traditional understanding of behaviours from a moral context to that of health, welfare and well-being. The group has been running successfully, each Wednesday afternoon, for almost a year. It has been well attended and has proven to fill an important service gap.

The Adult Addictions team continued to utilize the GAIN Q3 for the purpose of tailoring unique and individual treatment plans for each client. Over the course of the 2020-21 fiscal year, the team supported over 820 clients by providing over 6200 remote or virtual contacts. Despite COVID-19, the Adult Team adjusted quickly and effectively to provide our clients with a wide variety of necessary and required services.

We would like to acknowledge the contributions of each member of the Adult Team for their commitment to accessible, equitable and effective programming and services. In addition to providing high volumes of client services, Team Lead, Sandra Huskinson, assisted Program Manager, Terry Corbin, in the numerous interviews for staffing, the on-boarding of new staff hired, and in providing regular supervision. Providing remote and virtual services was not always an easy task, especially for those staff who had children at home and/or extra responsibilities as care givers to loved ones. You are all amazing and your efforts did not go unnoticed! As always, we want to thank our dedicated and reliable volunteers for their continued involvement in our programming and for sharing their unique experiences with staff and clients during these trying times.

CONCURRENT DISORDERS SERVICES

The pandemic did not slow down the Concurrent Disorders Program. They had another successful year in reaching many clients and their families throughout Halton who needed treatment and support. We have seen a major increase in numbers, grateful that agencies, partners, and ADAPT's own internal programs continue to refer clients to us for the intensive and longer-term support needed to assist clients in their recovery when dealing with a concurrent disorder.

The Concurrent Disorders program has continued to provide individual counselling for clients and families as well as group counselling. Due to the pandemic, our services have been offered virtually, but to a greater number of individuals. Our Health and Hope 1 group provides psychoeducation for clients looking for support and further information as it relates to their substance use and mental health disorders. Health and Hope 2 continues to be offered for those seeking longer term support for their goals and recovery. Our DBT skills group has also continued to see great success supporting numerous clients from ADAPT and the community to build necessary skills to enhance their recovery. We have also increased our family support by running two family support groups per week, one in the day and one in the evening.

Supporting the concurrent disorders population requires working as

a team internally as well as externally with other services providers, programs, and agencies. We see clients with complex needs and as such work closely and collaborate often with other programs to support our clients. This collaboration is important in ensuring high quality of care for our clients and it continues to strengthen the partnerships we have established throughout Halton. We are grateful for these partnerships and look forward to continuing to build and enhance programming for the clients we serve together.

Lastly, we would like to acknowledge the PHAST program (Prioritizing Health Through Acute Stabilization and Transition) which has continued to be recognized for their exemplary care and treatment.

Our team has met weekly on a zoom platform since the pandemic, truly helping staff stay supported and strong. This team strength helped the new Manager transition into her role seamlessly.



The end of this year saw incredible change and challenges, however programs and staff adapted quickly to ensure that clients continued to be supported and programming continued to be available. Staff have done an outstanding job in supporting the agency, their colleagues and their clients. We look forward to another year supporting those we serve.

OPIOID OUTREACH & TREATMENT SERVICES

The pandemic. And, the opioid epidemic. Such an unfortunate combination of events. According to the Ontario Drug Policy Research Network, there was a 79% increase in opioid-related deaths in the first 9 months of the pandemic. Fentanyl is by far the opioid most directly contributing to this, likely reflecting the unregulated drug supply and increasing reliance on this supply given disruptions in access to prescription opioids during the early waves of the pandemic. And we know poly-drug users have been increasing their use of benzodiazepines and stimulants such as cocaine and methamphetamines. So our work has been cut out for us.

All the more reason to celebrate the Opioid Outreach & Treatment Services Program for completing over 5,000 service provider interactions, a necessary add to accommodate more frequent contact and check-ins with our isolated clients. One of the reasons why the number of individuals served rose by 118%, is the exceptional integration the team has implemented; with hospitals, with clinics, and with primary care in general.

An outstanding example of this partnership with primary care is shown in the fact that ADAPT's work with the Integrated Addictions Medicine Clinic at Halton Health Care's Oakville-Trafalgar Hospital did not miss one day since the pandemic began. In March of 2020, Brent Gmora of



our team used Zoom to enter the examining room with the addiction specialist, Dr. Butler, and by April of 2020, Brent was back in the examining room himself, live and PPE'd to the max. Always the clients come first.

We would like to acknowledge that Brent has been with this critical partnership since the initial pilot began, and is now a critical lead for the program as well as the Supervisor for Sabrina Bigrigg who is focusing her attention on Halton Health

Care exclusively now. The numbers clearly warrant this need as ADAPT receives on average 30-35 new referrals per month from the hospital.

Congratulations to Denise Copping who has officially provided support to the Ontario Addiction Treatment Centre with Dr. Jacqueline Chu for a full year now. This clinic and Andrew Sangster's work with clinics associated with Dr. Hershkop and Well-Beings are smaller in scope and yet just as critical to the development of these partnerships. As our collaborations continue to expand and deepen, we expect to see additional reflections of the foundational work by the Opioid team at other Halton hospitals and clinics in 2021-2022.

This has been a strange and challenging year, yet our team has risen to the occasion by contributing to real-life stories of healing and success after sometimes decades of suffering; showing great flexibility in supporting their clients and the agency as a whole; delivering hundreds of Nicotine Recovery Kits to clients during the lock-down (#Heather Ruttan); and role modelling kindness and respect in all they do.

ADDICTION SUPPORTIVE HOUSING (ASH)

The ADAPT ASH Program is committed to supporting those in recovery and on their journey to healthy and sustainable independent living. The 27 individuals that the program supported and continue to support in 2020-2021, continue to be engaged in work, school and ongoing recovery. The COVID-19 Pandemic has made it challenging for anyone to move on to independent living this year with many obstacles and barriers. Three clients are in the process of transferring to permanent social housing. And 4 clients are preparing and working on their exit planning from ASH in the fall of 2021.

Our clinical team continues to support clients in addictions recovery and relapse prevention especially during these challenging times of COVID-19. Four of our clients have achieved 1 year of sobriety and many others are working hard in approaching this milestone.

In addition to housing and addictions support, the program assists clients in re-establishing health and success in a wide variety of life skills areas. One primary focus is assisting with educational or employment endeavors, that create ongoing purpose and stability. Three ASH clients are currently enrolled in careers of Social Work, Paralegal, and Computers.

Other important life skills include budgeting, nutritional health, parenting, job search, interviewing skills and resume writing skills. ASH clients also attend internal and external virtual recovery groups for ongoing relapse prevention tools and maintenance. These groups are popular as it allows them to engage with others, share their strengths and struggles, and enhance a wide variety of life skills.

Another group “Healthy Kitchen” (On hold due to COVID-19) not only teaches clients about kitchen safety, budgeting and nutrition, but also builds social networks through sharing meal preparations and dining together. The program also supports clients in building parenting skills, sometimes resulting in children being returned to their care. The ASH team continues to develop and deliver new group offerings, in a virtual format at the moment, due to the pandemic. Many ASH clients are also referred to internal support groups at ADAPT and on-line supports through various agencies.

As our existing clients gain life skills and graduate onto independent living, the program continues to screen new applicants who are homeless or marginally housed. Those who are awaiting housing are supported through the development of an individual plan of care, with access to a full spectrum of assessment and treatment services.

We would like to acknowledge our ASH partners, Summit Housing and Support/House for their continued assistance with managing subsidies and assisting in seeking housing units and liaising with property managers, in the support of those we serve.

PROBLEM GAMBLING AND BEHAVIOURAL ADDICTIONS

ADAPT’s Problem Gambling and Behavioural Addictions team supports individuals struggling with problematic Gambling, Technology Overuse and Gaming, Overspending, and Hypersexuality issues.

This year our team completed over 3000 service provider interactions. Our team was also the catalyst program for zoom services, assisting with training for the agency, and holding individual and group meetings shortly into the pandemic. During COVID-19 several external agencies were not able to provide virtual group services, therefore we created support groups so individuals outside of Halton could remain connected and supported during the pandemic.

Virtual services enhanced our ability to support individuals with behavioural addictions; we completed two virtual overspending programs, a variety of early recovery and aftercare groups for gambling, and ran numerous workshops open to the community. We also included two Family and Friends groups to ensure loved ones could connect and learn strategies to support themselves and their families during challenging times. Our team provided several awareness presentations that promoted digital dieting, cyber safety, and financial wellness during the pandemic. We also added new partnerships with the Halton school system, Halton Families for Families, and maintained our continued partnership with the YMCA.

This year we were also fortunate to continue our partnership with CAMH’s Sexual Behaviours Clinic. This partnership and the team’s commitment to training, supported us in expanding our Hypersexuality

program to ensure individuals received adequate care and services in the PGBA program.

We are also proud to now offer our Problem Gambling 5 Day Intensive Treatment Program virtually, so any residents of Canada can attend from the comfort of their homes. We were very fortunate to have our volunteers join us along the virtual journey as well, a sincere thank you to all of you for your time and energy.

As a manager and frontline worker I celebrate the hardwork that every member of our team, and ADAPT as a whole, has put into our group programming to ensure virtual programs are engaging and accessible for diverse clientele.

COMMUNITY WITHDRAWAL MANAGEMENT SERVICES (CWMS) PROGRAM

The CWMS program continues to provide superior service to clients requiring withdrawal management support from at least one mind or mood altering substance.

All clients admitted into the CWMS program receive short-term intensive services through a virtual platform of their choice. Clients obtain a nursing assessment from one of our Registered Practical Nurses within the first one to three appointments, and short term specialized clinical counselling with clients on a number of levels including; pre-withdrawal, withdrawal, monitoring, post-acute withdrawal, intensive relapse prevention and psycho educational group support. The common experience and practical support of our peer support worker continues to be an integrated and valuable component of our program. Together as a team, we strive to assist our clients to achieve their goals and overall wellness through the pandemic.

Despite the impacts of the COVID-19 pandemic in Ontario, the CWMS program continued to provide intense support to clients. Though our modality of service moved from in-person to virtual based, our services remained available to clients with a response time of 24 to 72 hours for those clients experiencing active withdrawal. Moving to virtual platforms allowed CWMS to provide daily withdrawal management support to clients via telephone and/or video.

For the 2020-2021 fiscal, the CWMS program served 397 clients and a total of 5916 visits (telephone/ virtual face to face) – exceeding our targets. It is clear that CWMS is achieving its mandate of reducing hospital visits and providing clients with an alternative to residential withdrawal management.

The Nicotine Replacement Therapy (NRT) program continues to support clients during the 2020 pandemic. Client are provided virtual assessments, personalize services and delivery of NRT products right to their homes. During the 2020-21 fiscal ADAPT’s NRT program was the only active NRT program in Halton.

In closing, the entire CWMS team should be acknowledged for their dedication, hard work and sincerity. Without your commitment and devotion to humanity and the well-being of others, during a global pandemic, the CWMS program would not be as successful as it is today. We look forward to another great year.

YOUTH PROGRAM

ADAPT's youth programming consists of five different programs that work with youth 24 and under, as well as supporting caregivers and children of families that have substance use within their home. The programs work together to supply a range of supports from early intervention and psychoeducation to intensive outreach. The beauty of this program over the past year is the ability of the team of individuals to work so hard collaboratively to support this population in a creative and interactive virtual format.

At an early intervention level, offering psychoeducation to the Halton youth, is the Know the DEAL program. The initial impact of COVID-19 challenged this program as their youth were identified through the school board. As a reaction to this change Know the DEAL has integrated the program directly in with Halton District School Board's grade 10 health curriculum. This change allowed the program to meet and exceed its yearly target of 120 youth within the first quarter of the school year. In response to this new delivery format, there was "an overwhelming consensus that they [the students] found it VERY valuable!" In response to presentation style "they liked that it was more like a conversation rather than being lectured at. They also really liked that you didn't just say "don't do this" but talked about what it did to the body and how they can be safer". In addition, Know the DEAL is providing monthly education groups to CAPIS at OTMH.

The core youth program Days Ahead has had continued success with being an initial entry point for youth and caregivers into ADAPT services. Through virtual programming the visits were up 86% from the initial target numbers with 2434 youth visits and 533 caregiver visits. This is reflective of the teams' creativity in building a connection with youth through a virtual platform. In addition the Parent Education Group (PEG) has been reformatted to include a week with a Peer Support staff engaging parents to give them hope and a Know the DEAL staff to provide education around substances and their impact on youth. There were 57 PEG groups provided. This past year Days Ahead successfully piloted a collaboration with ROCK walk-in services, to directly connect youth and caregivers to an ADAPT appointment thus removing an additional barrier to services.

The TAY Outreach program and the Youth Addiction Program (YAP) continues to connect with youth in the community whose lives have been impacted within multiple domains. These programs continue to steadily connect with the youth in their communities and assist these youth to build healthy connections with other community support agencies. Both of these programs are supported significantly by the ADAPT Peer Support Program and the peer program through the Halton Hills Collaboration. The programs continue to be successful due to the strength of the team and drive of the ADAPT staff to support and assist youth to be successful. Through the remarketing of the programs in September 2020 to community agencies, the TAY program successfully met 93 youth with 999 visits and 124 caregiver visits. The YAP met with 51 youth and had over 590 visits. Additionally, YAP continues to successfully deliver a DBT skills group in collaboration with Joseph Brant Hospital. The TAY program created a drop in group that began in November 2020 and began offering an Art Engagement Group in February 2021. Through these two groups 138 youth attended.

The collaboration of the Halton Hills Project has now been in full swing for over a year. Celebrating one year of the Just Be You Lite group on February 11th, 2021. There were 53 groups offered with 376 youth attending. The youth have given positive feedback around this group "We have so much fun at JBY, even though zoom," "I look forward to JBY every week," "this is the only place I have connections". In addition to this weekly group social media

has been embraced to deliver Adaptive cooking posts via Instagram live. The three posts reached 379 individuals. ADAPT's connection to this program is a peer support role that has connected with 31 youth over 782 individual sessions. This program has connected 4 youth to additional ADAPT programming for 63 additional counselling sessions. The fabulous work of this collaboration at the Halton Hills Youth Centers was recently recognized with the 2020 REACH award from CMHA for outstanding advancement of community mental health and addiction awareness and support in Halton.

In closing, ADAPT's youth team continues to be creative, innovative, and collaborative in the work they provide. Knowing how the team embraces new opportunities to engage with youth we are excited and looking forward to the upcoming year and all that it may present.

PEER SUPPORT

ADAPT's Peer Support team is a leader in the Halton community for how peer support is integrated into a client's recovery. Driven from the lived experience of each peer, the team successfully connects with individuals to give them hope and empowerment in their recovery journey. With a reduction in social interactions due to COVID-19 Peer Support has been an integral component for individuals to stay connected. Over the past year 55 individuals accessed support from this program with 1271 meetings. Thus demonstrating the team's ability to be innovative in taking a program that was very hands on with clients, assisting them in attending meetings and community commitments, to being successfully delivered completely through virtual programming. The staff of this program have continued to drive it forward. In the past year, to assist in removing barriers individuals can now meet with a peer before a clinician to ease into their programming and help build the rapport between the client and clinician when the connection is made.

BACK ON TRACK

Back on Track Burlington continues to be a lead provider of service for Ontario. Last March after COVID-19 restrictions, the program made a quick pivot and moved to online virtual services. Providing assessments, Education and Treatment workshops and Follow ups through phone and/or virtual formats. ADAPT was one of the very first BOT providers to go virtual with Education and Treatment workshops. The first virtual group was facilitated in May 2020. The backlog at the Ministry of Transportation for clients needing workshops at one point reached 1,800. ADAPT stepped up and offered 4 and sometimes 6 workshops per month to assist with addressing the need. Clients had the option of attending workshops in the evening and over the weekends. This flexibility helped to make the ADAPT Burlington location very popular for participants.

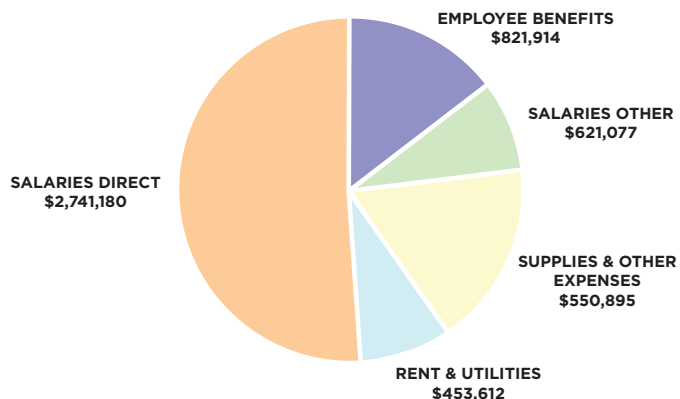
Many thanks to the staff; Ed Matin, Brenda Paco and Krissie Murray who all went above and beyond to serve the clients and maintain the highest level of quality service that ADAPT is known to provide.

A special recognition to Ed Matin who retired this year after 22 years with the BOT program.

REVENUE FOR 2020 - 2021

Ministry of Health	\$ 4,667,357
Ministry of Children & Youth Services	178,261
Ministry of Community Safety & Correctional Services	80,000
United Way	77,027
Other Program Funding	768,025
Donations and Other Income	27,634
Total Revenue	\$ 5,798,304

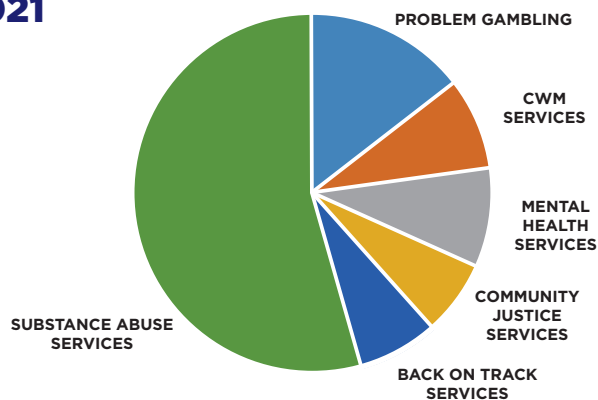
SUMMARY OF EXPENSES 2020-2021 TOTAL EXPENSES \$5,188,678



SERVICES BY THE NUMBERS: 2020 - 2021

	# of Programs	Clients Served	Client Visits
Substance Abuse	13	2,041	22,939
Problem Gambling	5	344	3,115
Community Withdrawal	1	397	5,916
Concurrent Disorder	4	572	5,947
Community Justice	5	276	2,663
Back On Track	1	680	1,294
TOTAL	29	4,310	41,874

ADAPT CLIENT TYPE



HEAD OFFICE:

165 Cross Ave., Suite 203, Oakville, ON, L6J 0A9
905-847-6547
www.haltonadapt.org

INTAKE AND INFORMATION:

Acton: 519-853-8222 Burlington: 905-639-6537 Oakville: 905-847-6547
Milton: 905-693-4250 Georgetown: 905-873-2993