

ANNUAL REPORT 2021-2022



BOARD CHAIR AND CHIEF EXECUTIVE OFFICER'S REPORT

Throughout the challenges of recent years, ADAPT's mission did not change. ADAPT remained dedicated to *empowering persons with alcohol, drug, gambling or behavioural addictions, and their families, to manage these concerns and to lead more fulfilling lives through the provision of comprehensive, evidence-based services, corresponding to their individual needs.* ADAPT has had to respond nimbly to deliver services in different ways throughout the global pandemic, demonstrating its commitment to continue to support ADAPT clients during these uncertain times. A sincere thank you to all members of the ADAPT team for your flexibility and dedication.

As ADAPT develops a new strategic plan to guide the coming years, we must consider the ever-increasing demand for ADAPT services, the changing demographics of the communities we serve, the need for greater coordination of healthcare and the economic challenges faced by our funders. We will work together to ensure that ADAPT remains

strong and continues to respond to the evolving needs of the communities of Halton.

Thank you,

Deborah Moor

Deborah Moor

"The strength of the team is in each individual member. The strength of each member is in the team."

Phil Jackson

At the mid-point of the 2021-2022 fiscal year, I was provided the privilege, responsibility and accountability of becoming the Chief Executive Officer of ADAPT. I would like to acknowledge the previous C.E.O., Ian Stewart: For over 40 years, his dedicated leadership and commitment to service excellence helped to ensure that the agency continuously advanced and improved our services.

This transition of the ADAPT C.E.O. coincides with a period of intense change

across all levels of health care in Ontario. The Excellent Care for All Act brings a new vision and leadership structure to provincial health care, whilst the Mental Health and Addictions Centre for Excellence Act brings new accountabilities to those providing mental health and addictions services. ADAPT is committed to a shared vision of health care, with its focus on reducing health inequities, enhancing client care and service excellence, maximizing system value by applying evidence and, most importantly, transforming care with the person at the center.

When ADAPT entered the 2021-2022 fiscal year, we did not anticipate another full year of COVID and the impact that the pandemic would continue to have on our clients and on the communities we serve. Health Canada studies indicated a notable increase in those experiencing isolation, anxiety, depression and addiction issues. ADAPT continued to adjust to the impacts of COVID, ensuring that services were available, virtually or in-person, whilst placing the safety of our clients, staff and the community at the

2021 - 2022 Board of Directors

DEBORAH MOOR
BOARD CHAIR

LENNA BRADBURN
VICE-CHAIR

SANDI ROBINSON
SECRETARY-TREASURER

ANN BARRETT
DIRECTOR

WENDY KAUFMAN
DIRECTOR

WHO WE ARE...

20 years +
Glen Ricketts

15-19 years
Terry Corbin

10-14 years
Candace Blundell
Priya Chauhan
Brent Gmora
Krissie Murray
Brenda Paco
Kate Rizzuto
Heather Simai
Joseph Testardi

5-9 years
Josephine Dalla Via
Ashley Davidson
Nadia George
Naome Howe

Sandra Huskinson
Lindsay Jonz
Kathleen Kelly
Heather Ruttan
Nicole Scheeff
Ashley Steeves
Sara Thrower

Less than 5 years
Richard Amoateng
Nikki Bakker
Jacqueline Bast
Justyna Bialas
Sabrina Bigrigg
Jennifer Bober
Paven Brar
Michael Capinpin
Alexandra Cimino
Shianna Edwards
Robert Emery

Brittney Hatton
Akif Haque
Sarah Hughson
Natasha Kinne
Jessica Kruen
Kayla Larochelle
Michelle Lazier
Rissah Le Camp
Michael Mansfield
Joanne Markus
Lisa Maucieri
Philippa McCaffrey
Tim McDonald
Corrie McIlveen
Sean McQuarrie
Monty Montgomery
Katlyn Morrison
Sarah Nicol
Alexandra Oster
Emma Parker
Melissa Penman

Udeshi Perrera
Anna Pita
Hayley Quinton
Alexandra Roll
Andrew Sangster
Elizabeth Sangster
Alainna Schoenfeld
Julia Sormaz
Scott Swiniarski
Laura Toomer
Steven Turner
Courtney Wood
Andrew Worotniuk
Angela Wu

**Joined ADAPT
between April 1,
2022 and August
31, 2022:**

Jerico Ambrad
Sara Bendzel
Madison Clementi
Megan Hodnett
Maja Pestoric
Lisa Thompson

forefront. As we move ahead, we excitedly anticipate the opportunities to enhance access by reopening our offices to the community, being face-to-face with those who prefer in-person support, and more by actively participating in community prevention and awareness opportunities.

During the previous fiscal year, we were also able to expand our services and enhance integration. One example was the work done through a grant from the Halton Region Community Investment Fund. One year into the new programming we have enhanced services to those with opioid issues and their families, created new service pathways to support transfers from Joseph Brant Hospital, further integrated with community clinics, and provided increased opioid awareness and prevention resources to students and families across Halton.

As C.E.O., I fully believe that ADAPT belongs to the community, and we are proud to be

a part of the fabric of Halton Region. Our entire team is dedicated to ensuring that our services are accessible, equitable, effective and efficient, and welcoming of all diverse groups and cultures. Collectively, we will strive for service excellence, built on the foundations of treating each and every individual we serve with professionalism, kindness, dignity and respect. I hold the utmost appreciation for the countless people who contribute to this cause; our staff, volunteers and students, board of directors, funders, health partners, and clients. It is only through working together that we have met, and will continue to meet, the mission, vision and values to which we are accountable.

Respectfully,

Glen Ricketts

Glen Ricketts
Chief Executive Officer

DIRECTOR OF OPERATIONS REPORT

At the beginning of the COVID-19 pandemic, ADAPT services pivoted to prioritize a remote model of care. To maintain our mandate and protect our staff team we moved our services to phone counselling, virtual groups and other means. Programming had to be completely realigned to ensure access and capacity for anyone seeking our services. Some services had to remain in-person as the only practical way to help, so an investment was made in masks, gloves and gowns. Wherever and however we could offer services that were still effective, impactful and safe, we did.

A lot of this hard work done at the beginning really paid off in 2021-2022. ADAPT records a "visit" every time we connect meaningfully to an individual we are serving, whether it's a check in to make sure someone is ready for a stressful day, a full clinical one-to-one session or a visit to a group program. Pre-pandemic, ADAPT was doing a lot of this work out in the community, face to face. Remarkably ADAPT staff conducted almost 39,000 visits this year, many of them virtually. We also conducted 2,276 group sessions and gave 79 presentations on addictions and ADAPT services

to the community. Wonderfully this did not come at a cost of effectiveness or success. Our clinical outcomes remained effective, and the number of individuals successfully graduating from ADAPT services were within a few percentage points of pre-COVID levels.

Although we have successfully moved our services online, we know that there is a quality of interaction that comes with working in person. Anticipating this, in July 2021 we started to look at how best to resume face to face sessions in many of our programs where these were suspended, whilst still preserving the advances we had made in remote work. ADAPT made a commitment to enhance our services and provide both in person and virtual remote counselling. Starting in March of 2022, ADAPT staff that had previously been working exclusively remotely began coming back into the office and offering in person sessions to their clients. Going forward, for each new client, we are asking their preferred in how they receive care and customizing our services to meet their individual needs.

CLIENT SATISFACTION SURVEY RESULTS

Felt completely satisfied or satisfied with their overall involvement with ADAPT

91%

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

91%

Felt respected and valued by their counsellor

94%

Felt if they had a friend experiencing similar concerns, they would recommend ADAPT's services

94%

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



COMMENTS FROM 2021-2022 SATISFACTION SURVEY:

"My counselor is the best part of my recovery plan. I feel safe, supported and strengthened by our meetings."

"Please keep up the wonderful services, it is a blessing to the community and has touched not only mine, but the lives of those around me. Thank you."

"I had the most amazing [counselor] during my experience. They understood what I was going through and how to speak to me in such a way that I didn't feel judged or looked at like a bad person. I have a profound outlook on life because of the insight, information and weekly appointments I had the opportunity to receive. I hope anyone and everyone, who seeks help for any mental health/addiction, has the same opportunity I had to be able to open up and feel free to express themselves. This was my first experience with counselling and it's helped me so much from when I started. I am sober now and I know it's because I've chosen to be, but I also know that I wouldn't have made it this far without the patience, knowledge and support from [my counsellor]."

"Thank you to everyone at ADAPT for the wonderful work and support you have provided. I have witnessed other participants flourish and have certainly gained knowledge, wellness techniques, and confidence during my journey here."

Additionally, ADAPT has incorporated the "Breaking Free" program and launched it into our service choices. "Breaking Free" is an online platform and app that provides evidence-based, self-directed therapeutic practices to individuals who want to change their alcohol and drug use and the impacts it has on their health. The program uses cognitive-behavioural techniques, mindfulness and other proven therapeutic approaches that helps the user build an inventory of positive coping strategies that support long term recovery. ADAPT is implementing this platform alongside many of our programs to compliment the recovery process. We also feel that there is a significant number of people who would succeed independently with this program with some light coaching from our staff team.

We anticipate that this emerging model of service – a blend of in-person, virtual care and self-directed online tools – will be a path forward across all ADAPT programs. We know that continual program evolution based on quality, innovation and input from people with lived experience, is the best way to remain responsive to the changing needs of the Halton Region.

I joined ADAPT in January of 2022 as Director of Operations. Since then I have seen every member of the ADAPT team; staff, volunteers, board members and students, work diligently to improve the lives of those we serve. I have witnessed them all committing huge amounts of energy, expertise and enthusiasm to advancing ADAPT's goal of positively addressing the effects of addictions and mental health issues in this community. It is my great privilege to stand alongside this dedication.

Monty Montgomery

Monty Montgomery
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 and providing remote and virtual services only, the Community Justice Program was able to continue providing service. During the fiscal year 2020/21, we provided over 1500 client contacts to individuals on Probation and Parole orders. Corrie McIlveen provides the majority of the quality service to our CJP Program as the Probation and Parole Addiction Clinician. On the Youth Justice side, we provided 17 clients bound by a Probation Order with 98 interactions. The EJM (Extra Judicial Measures) Program, a pre-charge diversion program provided 154 interactions to 17 clients. With school closures throughout the fiscal year, client numbers were down. The EJS (Extra Judicial Sanctions) program, a post-charge diversion program served 36 clients that translated into 227 interactions. Numbers for the youth post-charge diversion program were good despite virtual court and services. We continue to meet with the Crown Attorney's office for Youth Court and Halton Regional Police Social Workers to discuss ways we can enhance our relationship and programming to those that are involved in these systems. We want to acknowledge Sara Thrower for her continued commitment and efforts related to the EJM and EJS programs as well as her involvement with Fetal Alcohol Syndrome Disorder community resource team.

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 through the Halton Human Services Justice Coordination Committee.

ADAPT has a partnership with Canadian Mental Health Association (CMHA), Supportive Housing Halton (SHH), Halton Region Police (HRP) and the Region to provide service to

individuals living with mental illness and recent or current involvement with the criminal justice system in the Safe Beds program. This is a short term (30-day) residential program with onsite 24-hour supports to assist clients in resolving the current crisis and creating strategies for long-term interventions. Andrew Worotniuk is the Addiction Specialist from ADAPT to the program. The program offers up to a 30 day stay for a maximum of 4 residents at any one time with a focus on stabilizing mental health and addictions issues and connecting clients with appropriate services. COVID-19 impacted the program and referral process but Mr. Worotniuk provided over 185 interactions to 14 registered clients. Strong collaboration between ADAPT and on duty CMHA Safe Beds staff has been a hallmark of the program ensuring clients are provided with coordinated care in addressing both their substance use and mental health issues and ultimately being connected with appropriate external service providers in the community. There are on-going discussions about expanding the number of beds for the program. The Safe Beds program has continued to develop in response to the changing COVID-19 pandemic. The ADAPT Addiction's Specialist role has developed within this has started to shift from a virtual role to a hybrid model. This has allowed clients to more easily access to addiction services, including ad-hoc interactions. The Addiction's Specialist to Safe Beds has also been able to work closely with the Halton Region Situation Table to support higher needs clients to more swiftly access the Safe Beds program and provide a continuum of addictions care, including pre and post program services.

ADULT PROGRAM

The ADAPT Adult Addictions team had another year of transition, onboarding new staff with a variety of strengths and fresh ideas while learning to deliver our quality service through virtual and remote services. Despite lulls we were not at our full staff complement, all the interviewing and training and learning a new way of delivering quality service because of the pandemic, the Adult Addiction team was successful in maintaining the core competency of screening all clients across the region with minimal wait times. With group services being offered to all clients as the first point of treatment, our groups were again the most accessed type of service provided; these groups are also available to any client within the agency.

The Phase One Group continued to be a popular group for our clientele. With the pandemic closing all locations of ADAPT, we went to three virtual Phase One groups, two in the evening and one during the day. We decided to change our pathways to continued service by offering clients who wanted to continue with the group modality two choices; the Harm Reduction group for those who wanted to change their substance use where abstinence was not their goal and the Continuing Care group for those who were choosing abstinence as their substance use goal. The Harm Reduction group is a weekly drop-in group on Wednesday afternoons while the Continuing Care group is a bi-weekly evening group.

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 900 clients by providing over 8200 remote or virtual contacts. Despite COVID-19, the Adult team was there for clients to provide the necessary and required service. In a combined effort with the Community Justice team, the team was able to put together voice recordings to provide to family members with information that they would have received by attending Family Day. Clients can access the recordings and a PDF file on YouTube.

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 and especially the Team Lead, Sandra Huskinson, who assisted Program Manager Terry Corbin in the numerous interviews for staffing, on-boarding of new staff hired and providing regular supervision while managing a caseload. Working from home was not always an easy task, especially for those staff who had children at home and/or extra responsibilities, such as checking in on loved ones. You are all amazing and your efforts did not go unnoticed! Finding ways to work smarter is a trademark of the team in combination with the Community Justice team. As always, we want to thank our dedicated and reliable volunteers for their continued involvement in our virtual group programming and sharing their unique experiences with staff and clients during these trying times.

CONCURRENT DISORDERS SERVICES

The Concurrent Disorders Program continued its success this year in reaching many clients and their families throughout Halton who need treatment and support. We continue to see a steady 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. 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. This continues to be a collaborative effort in which ADAPT Concurrent Disorder clinicians co-facilitate with clinicians from our partner agencies including Joseph Brant Hospital, Oakville Trafalgar Memorial Hospital, North Halton Mental Health and CMHA. 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 also continue to offer family support through our weekly Concurrent Disorders Family groups in the day and in the evening.

Supporting the concurrent disorders population requires working as a team internally and externally with other services providers, programs, and agencies. We see clients with complex needs and as such work closely collaborating often with other programs to support our clients through wrap around service. This collaboration is important in ensuring high quality of care for our clients. As well 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.

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

More than anything, our staff continued to ensure that clients are supported with their identified goals. 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 is in a different place than it was a year ago. But there has been enough time to review some of the effects it has had on our program. What we know now is that opioid-related overdose deaths increased by nearly 60% in Ontario in 2020. Fentanyl continues to drive the overdose crisis as it is detected in 85% of opioid-related deaths. As well, a combination of opioids and stimulants such as cocaine and methamphetamines directly contributed to about half of those deaths since the start of the pandemic, according to the Ontario Coroner's Report.

What have we learned from this? We know that our harm-reduction approach helps those who most need help at whatever stage they are in. We have also been fortunate enough to continue to work with and build our relationships with primary care and actually work together, in an integrated fashion, to help reduce the most devastating outcomes.

The services provided by our Peer Worker provides the necessary lived-experience support that clients need - in the past year to the tune of approximately 1,800 interactions. The Peer Worker acts as a partner, walking beside the client, listening and relating to the daily experience of someone's struggle with opioids, reminding us that our clients need more than medical support and clinical assessments.

For the same reason, we continue to support all agency clients and their families with a weekly drop-in Mindfulness session so that we can learn how to take care of ourselves when things are difficult and how to improve the way our brains work when we are under stress, dealing with cravings, feeling anxiety and a host of other challenges.

Our program has also modified and updated the Family & Friends group offering so that it is agency-friendly as opposed to exclusively targeted to significant others dealing with a loved one's opioid use. In many regards the last year has been a call for the agency to reduce the silos we work within, to recognize that addiction problems often have more similarities than differences - and our program has been happy to be part of this expanding shift while recognizing the opioid use has some critical unique elements.

Our clinical case managers, including our specialized nursing case manager, have delivered incredible effort and results during these extraordinary times. Overall our team had close to 3,500 separate interactions - that means real contact with thousands of people in some state of suffering due to opioid use. Because of the pandemic almost 3,000 of these contacts were not face-to-face but we were surprised at how accessibility could be increased happily through an increase in video exchanges, telephone, and text. Our intention was to remove barriers to services for overdose prevention, treatment, and support and this was clearly the result. In addition to working directly with the hospitals in the region, we also work closely and collaboratively with the Ontario Addiction Treatment Services facility, the Wellbeings Clinic, and the Halton RAAM Clinic. All of these clinics provide opioid agonist therapy, in addition to various other medical treatments.

Our program was fortunate enough to receive a three-year contract with the Halton Region Community Investment Fund and has already achieved a couple of critical milestones. First, a comprehensive presentation focusing on opioids has been created for the Halton Catholic School Board which can now be used for students, parents and teachers for this school board and others, as well as for others interested in Community Opioid Awareness and Prevention. As well, critical referral pathways

have been established in all units at Joseph Brant Hospital along with the enhancement of referrals to and from Wellbeing's addiction services in Burlington.

Our flagship primary partnership as represented by the Integrated Addiction Medicine Clinic with Halton Healthcare Services continues to show how truly integrated addiction care can work. With our CALIP role in support of the hospitals in Milton and Georgetown, in addition to Oakville, we are excited to see the continued growth and effectiveness of the great work they do.

The Opioid Outreach and Treatment Services Program is a phenomenal team of professionals. We, at ADAPT, are grateful for all that you do to support our clients. Thank you!

ADDICTION SUPPORTIVE HOUSING (ASH)

The ADAPT ASH Program is committed to supporting those in recovery in their journey to healthy and sustainable independent living. The 26 individuals that the program supported and continue to support in 2021-2022, continue to be engaged in work, school and ongoing recovery. The COVID Pandemic has made it challenging for anyone to move on to independent living this year with many obstacles and barriers, however 2 clients have transferred to permanent social housing. And 2 additional clients have moved on to independent living. This created an opening for 4 new clients who we accepted in our program.

Our clinical team continues to support clients in addictions recovery and relapse prevention especially during these challenging times of Covid-19. We recently resumed meeting with clients in office face to face and in the community. Six 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. Two clients have successfully graduated with honors in Social Work and Paralegal careers.

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 mental health challenges, 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) 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 the 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, at risk of being 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 program supports individuals struggling with problematic gambling, gaming, overspending, shopping, technology over use, hoarding and hyper sexuality concerns.

Despite the on-going COVID pandemic and provincial phases moving us back to virtual services this winter, the PBGA team continued to serve clients with the choice of telephone and/or video sessions. For the 2021-2022 fiscal, the PBGA provided 2265 service provider interactions. Exceeding our targets for the year.

This fiscal, PBGA program welcomed two new staff to the team. As a team, the program continued offering individual counselling and specialized virtual group support: Overspending Group, Gambling Early Recovery, PBGA After Care and numerous workshops that were not only open to our clients but to the community. The PBGA team was also able to continue offering education and awareness workshops to our community and partners. Technology Overuse, Financial Wellness, Problem Gambling, and our very popular Digital Footprint have been paramount in providing individuals strategies to combat stigma, provide awareness and a supportive learning space.

Despite the shift in modality of services, the PBGA team continued to sustain partnerships with the YMCA, Halton school system, Hope Place, and maintained our presence on several committees. In addition, we continued to offer our Family and Friends workshops to help loved ones learn more about how to support themselves and someone struggling with problem gambling and behavioural concerns.

Finally, our Problem Gambling: 5 day Intensive Day Treatment continues to run virtually throughout Southern Ontario on a monthly basis. Through education and support we strive to assist clients in building a successful foundation for healthy, long-term lifestyle change. Our volunteers have continued to add invaluable contributions to the program that enhances the client experience immensely, and so a sincere thank you to them and all of their efforts. With new Ontario gambling laws creating more accessibility to gambling this year, the presence of the Day Treatment program will be important moving into the next year.

As the program continues to evolve and our community continues to access ADAPT's PBGA program as an educational tool, we are hopeful that next fiscal will be our best yet.

COMMUNITY WITHDRAWAL MANAGEMENT SERVICES (CWMS) PROGRAM

The Community Withdrawal Management Services (CWMS) program continues to provide specialized services to clients requiring withdrawal management support from at least one mind or mood altering substance. As the global COVID-19 situation evolve over the 2021-2022 fiscal, the

CWMS team continued supporting clients with a choice of virtual and/or in-person sessions. Successfully, ensuring all health and safety measures were in place to be able to support our clients in-person.

All clients admitted into the CWMS program receive short term intensive clinical and medical counselling on a number of levels including; pre-withdrawal planning, nursing assessment, medical screening, withdrawal monitoring, post-acute withdrawal, intensive relapse prevention and psycho educational group support. CWMS is staffed by an interdisciplinary team including counselling clinicians, psychotherapist, registered practical nurses, peer support and our newest addition nurse practitioner. The role of a nurse practitioner allows clients access to a comprehensive medical assessment, pharmacology interventions, client/patient advocacy and in some cases act as primary care. Together as a team, we strive to assist our clients live a life free of substance use.

For the 2021-2022 fiscal, the CWMS program served 571 clients with a total of 7264 visits (telephone/ virtual/ face to face). Exceeding our targets by 63%. While individual services increased steadily so did the demand for group support. This fiscal, CWMS launched a third support group "Sober Living". Along with our weekly Early Recovery Coping Skills group and Take Time Friday psycho-educational group. Sober Living group allowed individuals with over three months of sobriety a safe and supportive space to converse with their sober peers. With the ever changing COVID-19 phases within the province this year, Sober Living was truly successful in providing a space to celebrate resilience, socialize and engage in discussions around sustaining sobriety.

Our Nicotine Replacement Therapy Program (NRT): STOP Program in partnership with CAMH continued to support individuals wishing to quit tobacco use. The CWMS team, specifically our registered practical nurse continued to provide individual virtual/in-person comprehensive assessment, education, treatment planning, product dispensing, coaching, withdrawal monitoring and relapse prevention support to all clients enrolled into the NRT program. NRT continues to grow with such demand that a waitlist was needed for this fiscal.

ADAPT's CWMS program remains an icon in the field of community withdrawal management services throughout Ontario. We continue to receive requests and positive feedback about our program model. We look forward to another successful year.

YOUTH PROGRAM

The Youth Programs at ADAPT have weathered a lot of change over the past year, yet have managed to maintain high quality service for young people and their families. Within the Youth Programming at ADAPT there are five different programs offering a range of services for individuals under age 24, who are experiencing substance use concerns, are people who parent young people, or youth who have a loved one with substance use concerns. We collaborate to provide a range of services from early intervention/prevention, counselling, treatment and intensive case management. Over the past year the team has worked hard to provide support to this population in creative and innovative ways as we have transitioned to a hybrid model of service.

The Know the DEAL (Drug Education, Alcohol and the Law) program has continued providing early intervention education to young people. The Covid-19 pandemic highlighted increased risk for students experiencing isolation and increased use/experimentation with substances. Responding quickly to the need of the community the Know the DEAL (KTD) program collaborated with both the Halton District School Board and Halton

Catholic District School Board to provide the complete program to all grade 10 students in the region. Becoming part of the Health curriculum has allowed us to have contact with many more youth, providing harm reduction information, reliable substance use knowledge and overdose prevention awareness. In response to this new delivery format, there was “an overwhelming consensus that [the students] found it VERY valuable!” Student’s feedback shared, “I learned to control my triggers and make them go away and also taught me the danger of drugs as well” And “I didn’t realize, the addictiveness and harm of Cannabis as well as other substances. I learned that I fell under the category of problematic use and have decreased my usage to recreational.” In response to the presentation style “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 to the school boards, KTD has adapted the program for day programs at Woodview Mental Health and Autism Services (Mountaineer and DANO Programs) as well as the youth in patient mental health unit, CAPIS at OTMH. KTD has also began partnering with the Halton Hills Youth Centre’s, providing drop in programming in partnership with the Youth Peer Support Worker.

The core youth counselling program, Days Ahead, continued providing quality services to youth and caregivers, acting as the primary entry point into services. Offering hybrid services, the team has been able to serve 223 youth and 109 family members, totalling 2739 interactions (69% above target). The Days Ahead team provided 48 Parent Education groups with 177 registered participants. The PEG program has continued to evolve, including weeks with our Peer Support Worker and KTD staff to provide harm reduction and substance use education to caregivers.

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, often housing, mental health, education and employment. Both programs continue to connect with youth in their communities and assist these individuals to build healthy connections within the community, including other community agencies, medical, financial and housing supports and social connections. Both of these programs are supported significantly by the ADAPT Peer Support Program and the peer program through the Halton Hills Collaboration. The programs continued success is due to the strength of the team and drive of the ADAPT staff to support and assist youth in achieving their goals. Through ongoing community networking and the positive reputation of the program in the community, the TAY program provided services to 116 youth and caregivers with 2241 visit. The YAP clinician met with 31 youth and had over 770 visits. Additionally, YAP continues to successfully deliver a DBT Skills group in collaboration with Joseph Brant Hospital, developing an additional 10 week DBT Skills group which is offered to graduates of the 5 week Distress Tolerance program. The TAY program has continued facilitating the Social Corner Drop In Group and Art Engagement Group which has had a total of 252 registered participants.

The collaboration of the Halton Hills project has reached the end of the three year pilot. Over the 2021-2022 fiscal year, the pilot continued providing the Just Be You Lite group offering 51 groups with 322 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.” In addition to this weekly group, the Halton Hills Peer spent time in the youth centres, offering ad hoc support and connections to youth. This program has connected 61 youth to additional ADAPT programming. While the Halton Hills Collaboration is winding down, the great work from the team continues with positive community relationships with the Halton Hills Youth Centres,

the ROCK and Support House.

ADAPT’s youth team continues to be creative, innovative and collaborative in the services they provide. Knowing how the team embraces new opportunities to engage with youth we are excited and looking forward to the upcoming year, with all the challenges and successes ahead.

PEER SUPPORT

The ADAPT peer support program has continued running strong in the 2021-2022 fiscal. Over the past year our peers have supported over 160 individuals totalling 2269 direct appointments. Our peers offered compassionate peer connections while also supporting multiple groups and outreach programs. This year marked the end of the Halton Hills Youth Collaboration which supported at risk youth to connect with services in the community that promoted mental wellness, harm reduction, and food and housing security. This fiscal we are looking forward to continuing the connection with the Youth Centres, community outreach and ongoing withdrawal awareness and support. Thank you peers for enhancing ADAPT services with your personal touch, offering hope and guidance during client’s dark times and celebrating every success.

BACK ON TRACK

Back on Track, the Remedial Measures Program for Impaired Driver’s, provides education and awareness, targeted at reducing recidivism in impaired driving. In 2021/22 the Back on Track program saw a significant increase in the number of participants required to complete the program as a condition of probation, and from conviction for careless driving.

The ADAPT Back on Track team had another year of being a provincial leader in providing individual assessments, group services and follow-ups to those with impaired driving and warning range charges in Ontario. To ensure access to services during COVID, all services were delivered through virtual and remote measures. This allowed the program to serve participants from across the entire province.

The small and passionate ADAPT Back on Track Team, through the leadership Brenda Paco, had another stellar year. Acknowledgement also needs to be given to Krissie Murray, Michelle Lazier and Josie Dalla Via for their valued contributions.

As a result of the team’s commitment, the program contributed to improving community safety and reducing the potential for harm that result from impaired driving. The feedback from program participants and from the provincial Program Management Office in Toronto has been impressive, indicating that the services have been transformational for those charged with impaired driving.

The numbers reflect the work load: For the Fiscal year of 2021-22:

Follow ups: 457

Assessments: 225

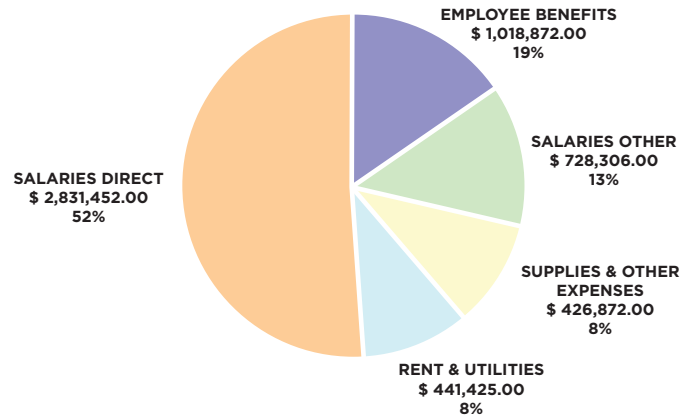
23 Education Groups total 312 participants

24 Treatment Groups total 290 participants

REVENUE FOR 2021 – 2022

| | |
|--|---------------------|
| Ministry of Health | \$ 4,747,198 |
| Ministry of Children & Youth Services | 188,961 |
| Ministry of Community Safety & Correctional Services | 80,000 |
| United Way | 79,926 |
| Other Program Funding | 836,617 |
| Donations and Other Income | 37,458 |
| Total Revenue | \$ 5,970,160 |

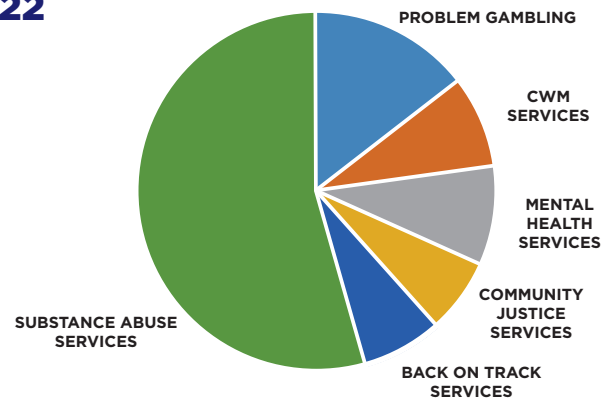
SUMMARY OF EXPENSES 2021-2022 TOTAL EXPENSES \$5,446,927



SERVICES BY THE NUMBERS: 2021 – 2022

| | # of Programs | Clients Served | Client Visits |
|----------------------|---------------|----------------|---------------|
| Substance Abuse | 13 | 2,101 | 22,939 |
| Problem Gambling | 5 | 376 | 3,115 |
| Community Withdrawal | 2 | 661 | 5,916 |
| Concurrent Disorder | 4 | 557 | 5,947 |
| Community Justice | 5 | 70 | 2,663 |
| Back On Track | 1 | | |
| TOTAL | 30 | 3,765 | 38,674 |

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