



# pacifica

TREATMENT CENTRE

*Annual Report 2020*



# Own your path

Everybody's journey is unique – Pacifica Treatment Centre can help you discover what that journey looks like. Let's build our community together.

# President's Message

As I reflect back, not just over the past year, but the last four years that I have been involved with Pacifica Treatment Centre Society, I'm filled with appreciation for this organization, what it accomplishes and the high regard it is held in.

The people – our staff, board and volunteers – continue to dream, vision and innovate. The passion for Pacifica and our organization's role as an in residence and community-based treatment centre continues to grow.

It's evident in the programming and activities that are carried out with commitment and enthusiasm; in the work done by the board and volunteers with energy and dedication; in the demand from clients and families to participate in treatment and aftercare programs; and in the support received from our generous donors and funders.

Together, we have built a great community. As you read the annual report, you will get an idea of the energy, passion and commitment that makes Pacifica. To continue building new programs, particularly community-based programming that support our clients and their families, the Board is focusing in the coming year on diversification of our funding sources through events and community activities. If you aren't already involved with Pacifica, please consider how you might join us in contributing to our health and well-being.

I look forward to continuing the journey and hope we meet at future events at Pacifica.

**Patricia Stevens, Board President**



## Thank you to our 2020 Board of Directors:

Patricia Stevens	Board Chair
Zee Noorani	Board Vice Chair
Jerry Cox (resigned)	Board Vice Chair
Karen Wong	Treasurer
Nazanin Moghadami	Secretary
Jim Myers	Past President
Doug Thorpe-Downard	Director
Matthew Casey	Director
Connie Leong	Director
Ingrid Kastens	Director





# Strategic Priorities Update

A strategic plan developed by the Board of Directors has guided Pacifica's priorities since 2016. This plan was revisited and reconfirmed in 2020. The strategic priorities focus on three specific objectives: operational excellence, continuum of care and financial stability.

## **Increasing operational excellence**

In addition to strengthening our policies and procedures, providing ongoing training and supports to our staff, and updating our software where necessary, Pacifica has successfully pivoted in response to COVID-19. During the pandemic, ensuring Pacifica was compliant with government regulations has been of the highest priority. Our building was quickly brought up to regulation and continues to enforce COVID-19 protocols in all shared spaces.

## **Increasing Financial Independence:**

We are grateful to Vancouver Coastal Health for its continued confidence in Pacifica to deliver the best treatment possible. Private-pay clients are also an important source of revenue for Pacifica. We are fortunate to have the ongoing support of organizations that reserve beds specifically for their employees. Their trust in the quality of our service and the outcomes for their workers is a testament to the power of our program. We are also thankful to our individual donors, organizations and sponsors who have given their time and resources to Pacifica's programming and infrastructure.

## **Expanding our Continuum of Care**

Historically, Pacifica offered a 12-week in-residence primary treatment program. Pacifica now offers up-to two-year+ structured touch points, through the design and implementation of a continuum of programs and services comprised of a pre-engagement program, in-residence primary treatment program, integrative wellness program, resiliency & trauma program, continuing care program, and alumni services.

# Message from the CEO

The 2020-2021 fiscal year both challenged and helped to redefine our work. As agencies like Pacifica adapted to working in a COVID-19 environment, we took the opportunity to assess how we support individuals as they enter and transition out of our core primary treatment program. As a result, some exciting transformation has occurred.

Historically, Pacifica offered a 12-week in-residence primary treatment program. Graduates were invited to participate in our Alumni services, to facilitate ongoing connection and support. In response to COVID-19, Pacifica now offers up-to two-year+ structured touch points, through the design and implementation of a continuum of programs and services comprised of a pre-engagement program, in-residence primary treatment program, integrative wellness program, resiliency & trauma program, continuing care program, and alumni services. Research, evidence and best practices indicate that two-year touch points significantly enhance an individual's quality of life, well-being and capacity to identify sustainable solutions to achieve recovery-based goals.

This year, in addition to strategic planning and accreditation, we will focus on program evaluation and development to ensure that the continuum is designed to enhance access and reduce systemic barriers. Through these co-created and highly engaged processes, we look forward to receiving feedback from broad stakeholder groups, especially the community members and families that we serve.

While this year as challenged community members, staff and volunteers, I continue to be amazed by the resiliency within each individual and the community as a whole. Empathy and compassion for one another has been the difference during an unimaginable time.

**Ron Lirette, CEO**





# Our Treatment Programs

Since 1977, Pacifica has been committed to providing a safe space for individuals to find themselves, find community, and enhance their quality of life and well-being. We provide individualized care through community-driven participation, and developing norms supported by our staff. Pacifica plays a supportive and encouraging role in treatment, fostering a collaborative environment where both community members and our interdisciplinary team are active participants in the Pacifica ecosystem.

From pre-engagement to ongoing alumni services, each step at Pacifica is designed to be safe, gentle and informative. Our continuum of care offers programming over a two-year period designed to promote recovery from problematic substance dependency using a trauma-informed philosophy, emphasizing stabilization, safety, healing, connection, and growth.

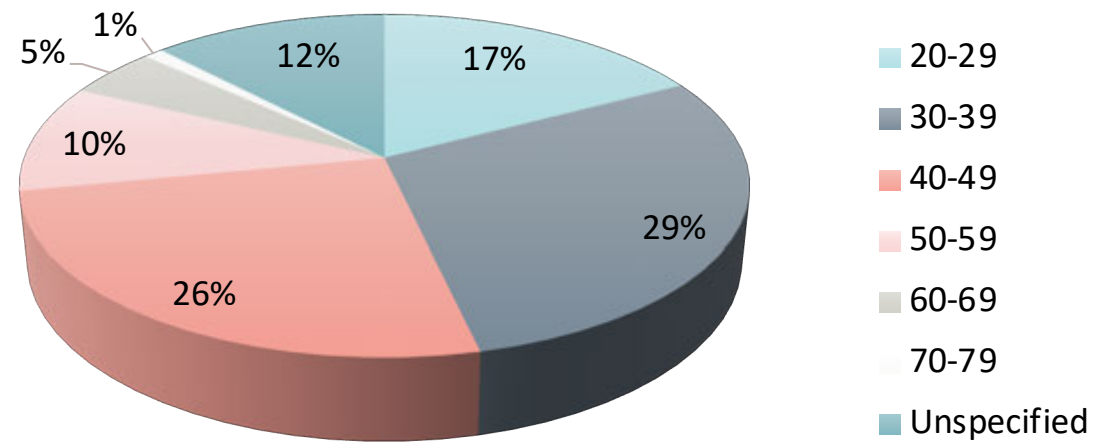
Pacifica staff, volunteers and community members co-create the conditions required to promote self-discovery, self-empowerment, and self-actualization, inspiring community members to make profound changes and own their path in an environment that feels like home.

Together, we slow down, breathe, and begin a new healing pathway.

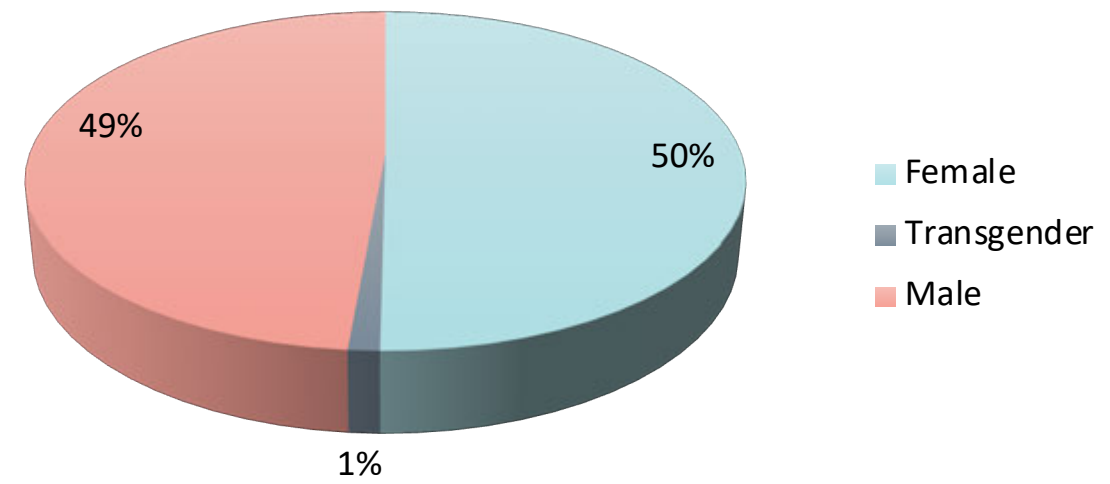


# Who we serve

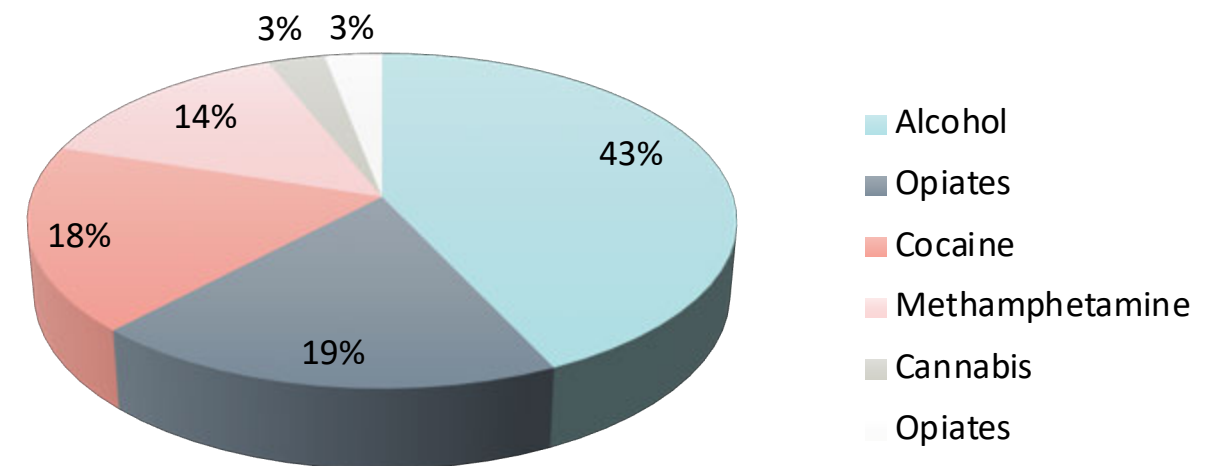
**Age**



**Gender**



**Primary Substance\***



\*100% of individuals identified as poly-substance users

# Resiliency and Trauma Program

The Resiliency and Trauma program acknowledges the link between trauma and substance use. The emphasis is to co-create a safe space for people to develop the stabilization skills needed to begin to process trauma and initiate post traumatic growth. The program spans the second half of a person's in-residence primary treatment journey with the first 8 weeks of their return to the community. The focus is on experiencing trauma and finding safety. This can include somatic work involving breath and body awareness, connection work involving other people, animals, or the natural world, and process work involving journaling, art, or creative movement. Participants are encouraged to explore and develop modalities, which are a fit for them.

The Resiliency and Trauma program has been running since July 4<sup>th</sup>, 2020. Since that time, there have been three cohorts of 16 weeks each (8 weeks in residence and 8 weeks in community).

There have been a total of 47 participants:

- 29 female
- 18 male
- 0 gender fluid

Of those engaged in the Resiliency and Trauma Program, an impressive 81% complete *all* the sessions.





# D's Journey

As a young, Indigenous person who identifies strongly with the urban Indigenous community of East Vancouver, D chose to attend Pacifica as she wanted to "heal at home".

At first, D was hesitant to engage in Pacifica programming. She challenged rules, regularly discussed leaving, and even packed a bag to depart. Fortunately, D chose to stay. She explained this decision as a major step in developing her sense of autonomy, self-determination, and strength.

During her time at Pacifica, D focused on changing her substance use patterns, with a focus on abstinence. She also focused on the issues that she felt were underlying her substance use. This work included addressing individual and intergenerational trauma. Part of D's initial reluctance to participate in programming was the fear that counselling around trauma would be too intense, too in depth, and not safe. D soon learned that she was in control of the intensity. In counselling groups and individually, she developed the skills to draw up emotional boundaries, and choose when to explore her the trauma and when to instead focus on stability and safety.

D was an active participant in the 16-week Resiliency and Trauma program. After her eight weeks in-residence, she spent eight weeks transitioning back into the community. During this time D worked with Pacifica staff to secure supportive housing. This wholistic support ensured that D was able to continue focusing on her stabilization and healing as she transitioned from the in-residence experience to the in-community experience.

Today, D recognizes that her healing journey is one that is ongoing. She is committed to owning her own path. She remains an active participant in alumni services and continuing care meetings.



# Continuing Care Program

During their time in primary treatment, community members forge connection with their cohorts. In order to encourage their new sense of community and connection, and facilitate continued growth and development, Pacifica has implemented a Continuing Care Program, which supports community members for between 12-18 months post-treatment.

Any significant life change takes time and practice, and the personal transformation community members go through at Pacifica is no different. Our continuing care program provides ongoing support to assist as community members settle into their home communities, and as they begin to apply the tools they learned into their daily lives. Our Virtual Continuing Care program offers:

- One group session per week
- Intensive relapse prevention education
- Structured content and assignments
- One-to-one sessions (as required).

Continuing Care groups are led by Continuing Care Recovery Coaches through a partnership between Pacifica and Cedars at Cobble Hill. These groups focus on empowerment, relapse prevention, insight into individual recovery capital and implementing the tools learned in treatment.

- Pacifica's Continuing Care Program has been operating since November 2020
- A total of 27 individuals (13 female, 12 male, and 2 unspecified) who completed Pacifica's Primary Treatment Program have engaged in Continuing Care over the last 6 months.

In addition to process groups, those completing treatment at Pacifica receive regular check-in calls upon initiation of Continuing Care and individual sessions with Recovery Coaches as needed.

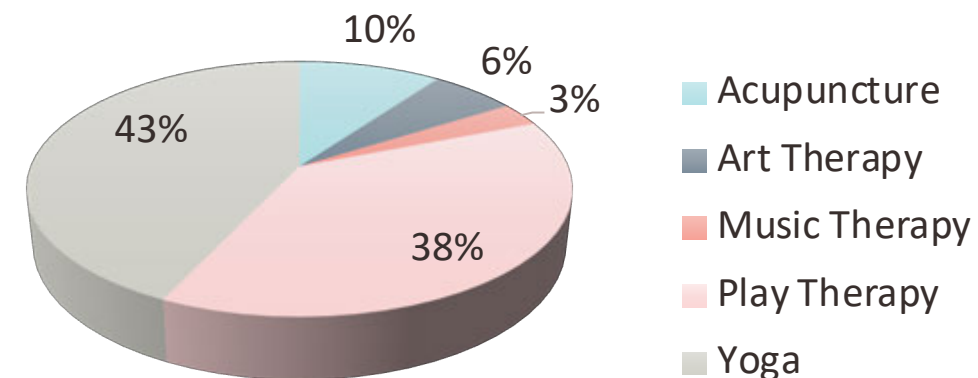
# Integrative Wellness Support

Pacifica Treatment Centre is focused on bringing health to the mind, body and spirit. Our Integrative Wellness Program offers a wide range of modalities to fit the individual's needs. Professionals from various disciplines offer complementary programs at Pacifica. For example, yoga has been part of our program for over a decade. Other specializations, such as Creative Arts therapy, Acupuncture, Meditation, Reiki Energy Healing and Sexual Health, are also offered.

We have incorporated various fitness-related activities into our program, including walking, running, hiking, skating, and more. These offerings aim to help create new and enjoyable recreational habits that do not revolve around substance use.

Wellness programming is varied and takes into consideration the principles of equity, diversity, inclusivity, and accessibility. Activities may align with personal goals and can be directly connected to an individual's established care-plan.

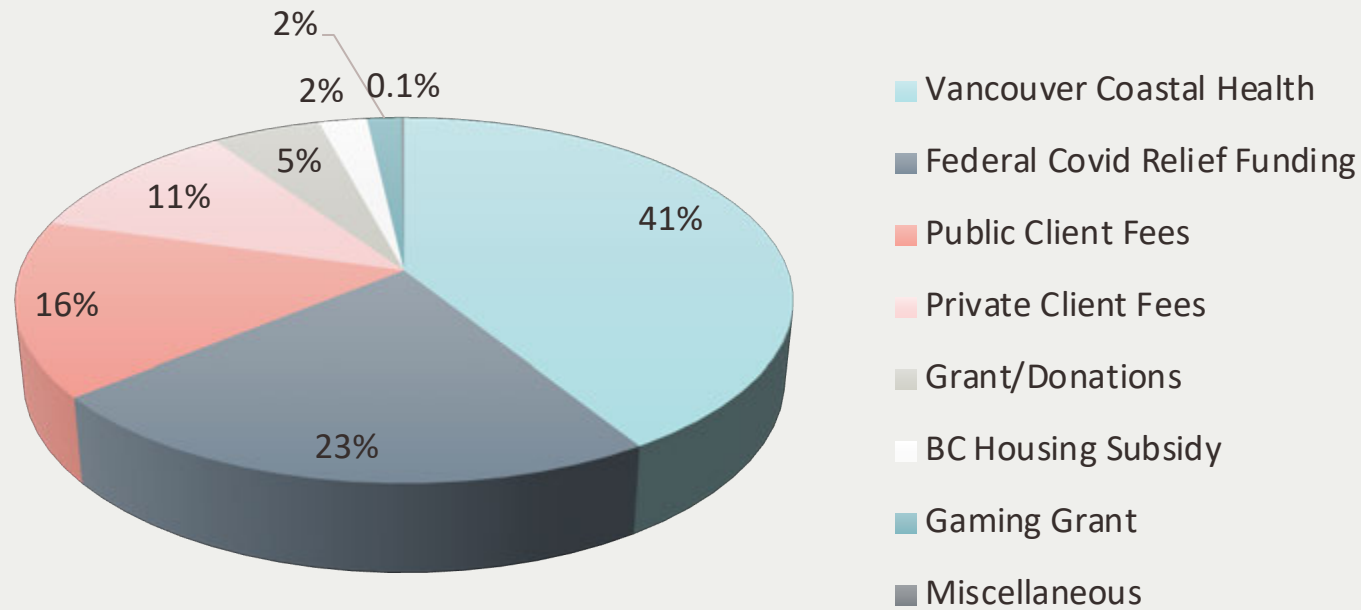
**Modality Uptake**



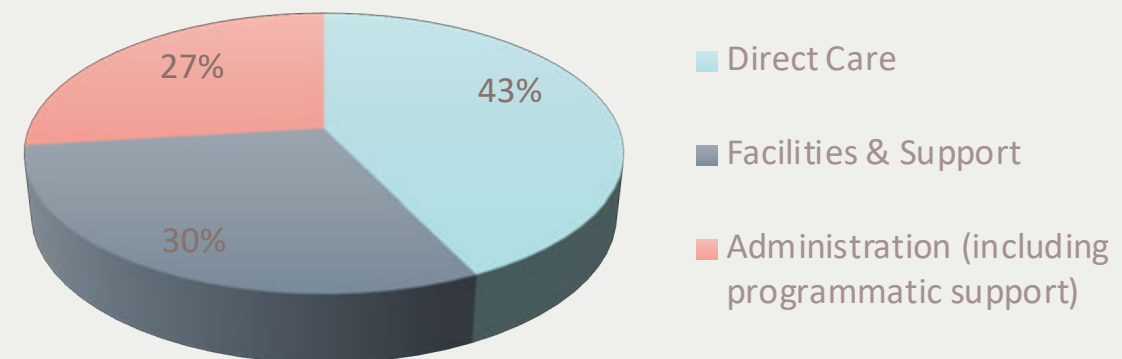


# Financial Snapshot

Revenues



Expenses



# Staff Spotlight – Jim Thompson

Pacifica is fortunate to have highly competent, dedicated, long-term team members who believe strongly in the agency's mission and vision. One of these incredible individuals is Jim Thompson.

Jim started with Pacifica on August 12<sup>th</sup>, 1996, and in August of 2021 will celebrate 25 years with the treatment centre. During his time at Pacifica, Jim has been employed as a Counsellor and a Clinical Supervisor. When asked why led him to Pacifica and why he stays, he had the following to say:

“ As a student pursuing a degree in counselling, I had many interests, including spirituality, relationships, parenting, communication, male identity, feminism, boundaries, dealing with personal growth, attachment, thinking patterns, emotions and healing past trauma. What drew me to Pacifica, was that the work here brought all these interests together in supporting our community members to look at life comprehensively. Working at Pacifica has been an endless process of growth, learning, challenge and enrichment. There have been so many changes in the program and the individuals we have worked with over the years. I have had to continue to learn and grow through it all. For example, in recent years based on my own interest and individual needs, I have explored and shared nonviolent communication as a powerful healing strategy that can promote connection and understanding. ”



# Staff Spotlight – Linda Debons

Pacifica's longest serving team member is Linda Debons. Having started working at the agency in May 1992, Linda has been with the organization for 28 years as of 2020. Her commitment and genuine passion for the community make her a true asset to Pacifica.

“ *I feel honored to be a part of an awesome team for the past 28 years* ”

What attracted you to Pacifica? *The job posting interested me greatly as my own life had been affected during my childhood by being raised by an alcoholic parent.*

What is your role here? *My role for 14 years was Administrative Assistant, after that I started my current role as Intake Coordinator.*

What does your role entail? *In the Intake Coordinator role, I am the first person the community member connects with when considering Pacifica. I help community members with the referral process and make sure all is in place prior to their admission.*

What keeps you at Pacifica? *I enjoy working at Pacifica and find it very rewarding. The best part is being a part of the community member's journey. It's great to see the difference treatment makes and how lives can change. I want to see people turn their lives around.*





# Donors and Sponsors

We rely on the generous support of the Vancouver Coastal Health Authority for much of our funding, but we also depend on alumni, family members, corporations and sponsors to keep our facility in good shape.

This year we would like to highlight our Gold, Silver and Bronze level donors:

## Gold Level Donors

vancouver  
foundation



BC Ministry of Mental  
Health and Addictions

Vancouver Community Foundation - \$50,000  
Ministry of Mental Health & Addictions - \$45,000

## Silver Level Donors

Sutherland Foundation - \$20,000  
The Sovereign Order of St. John of Jerusalem, Knights Hospitaller - \$20,000  
Safeway/Sobeys - \$10,000

## Bronze Level Donors

James B. Myers Law Corporation - \$3000





A small, vibrant green plant with three leaves is growing out of a cluster of dark, wet, rounded stones. The stones are covered in water droplets, and the background is a soft-focus continuation of the same scene.

**Pacifica Treatment Centre**

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**pacifica**

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