



# BUILDING *for* RECOVERY

A Capital Campaign for the House of Sophrosyne







# HISTORY



*Sophrosyne* means a wise and balanced life.

The House of Sophrosyne was founded in 1978 as a charitable organization providing services to women with addictions. Committed to offering supportive services to women in an all-female harm reduction environment, women are helped to initiate and sustain the process of recovery. The goal was, and still is today, to offer supportive opportunities empowering women through their journey of recovery. Our mission is to offer a holistic approach in treating women for substance misuse through evidence based practices.

The House of Sophrosyne provides a continuum of programs and services for women and their families, as well as to all members of the community who are affected by their addictions. It is our firm belief that empowered women make choices based on healthy and realistic options, and they exercise choices in consideration of the consequences.

***Building for Recovery*** Campaign will help us create a new centre of excellence for providing best practices in addiction treatment services to women and their families. Our vision is to “empower women through their recovery” so they will once again discover a wise and balanced life.

Front and back cover painting by: Gracie Grant

# IMPORTANCE TO THE REGION

Windsor-Essex has been identified by the government as a “hot spot” for providing care to vulnerable women such as those we serve every day. This means that our region has one of the largest populations of “high users” of health care.

Thousands of households have been impacted by lay-offs and loss of income, which has also resulted in high demands on addiction and mental health services. The need to respond quickly to those with addictions has been overwhelming for clients and health care providers.

Currently there are 17 beds available to women who are 16 years of age and older, and we desperately need more. Fifteen (15) of the beds are funded by the Erie St. Clair Local Health Integration Network (LHIN) and, of these; four are designated for pregnant women. Attributed to the unique specialized services we provide, we have a four month wait for women entering our residential program. Among our priorities for the future are increasing the number of beds and reducing wait times once relocated into our larger facility.

The House of Sophrosyne is respected both in the region and the province for its quality of care. We provide a safe therapeutic environment, while eliminating unnecessary strains on emergency rooms at local hospitals. Our “home away from home” allows those who are experiencing a hardship to receive the care they need, for themselves and their families.

The needs of women and families in the region have changed since we first opened our doors in 1978. We are hoping that people and businesses throughout Windsor-Essex will embrace this vision.

Our ***Building for Recovery*** capital campaign will transform women’s addiction services in our region.

Help us provide opportunities to women with addictions so that they can become healthy, productive citizens.







Painting by: Tanya Minnick



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## MISSION

We offer a holistic approach in treating women for substance misuse through evidence-based practices.

## VISION

Empowering women through their recovery.





## A BALANCED PROGRAM

The House of Sophrosyne provides both residential treatment and community programs. We provide a client-centered, harm reduction model that is non-judgmental.

As a predominantly ESC LHIN funded organization, we adhere to their principles and philosophies providing seamless intervention in a timely manner.

***Building for Recovery*** is integrating the full spectrum of well designed services into one larger, well designed facility. Women and their families can transition between different programs and services based on their individual needs.



Painting by: Tanya Minnick

## *Comprehensive Addiction Program*

- 35 Day Residential Treatment
- Stage One Trauma Treatment
- Relapse Prevention
- Caring Connections – Mothers in Recovery

## *Community Treatment*

- Pre-treatment (providing support to those women waiting for services)
- Aftercare (for those women that have completed a residential treatment program)
- Recovery Park (alumnae support group)
- Brief Crisis Counselling (for women and their families)

## *Supportive Housing*

- Eight individual units (individual units for women with concurrent disorders that are homeless or at risk of homelessness)

## *Transitional Housing*

- Housing for pregnant women or new mothers who are homeless following residential treatment

## *Rapid Access to Community Experts (RACE)*

- Crisis support services via in person, OTN or by phone

## *Ontario Telemedicine Services*

- Innovative technology to help deliver services to clients anywhere

## *Caring Connections - Mothers in Recovery*

- Nurturing Program
- Crisis Counselling
- Offered in Windsor-Essex, Chatham-Kent and Sarnia-Lambton

## *Medical Care for Women*

- Support for women at any stage of their pregnancy, working with:
  - . Nurse (one day per week)
  - . Physician specializing in addiction (as needed)
  - . OBGYN (as needed)
  - . Psychiatrist (as needed)
  - . Dentist (pro bono)
  - . Oral Surgeon (pro bono)







# RESIDENTIAL TREATMENT SPACES

## One Program...Two Options

### *Public Beds*

- Our current facility has 15 LHIN funded beds. With our expansion we will grow to 32 beds.
- Fully funded residential treatment spaces are available to women 16 years and older who have a valid Ontario Health Card.
- In order to be eligible for a bed, clients must first have an assessment and Medical Referral form that was completed no more than 90 days before admission.
- There are exceptions for women who are pregnant, including a zero wait time.
- For women who are unable to stop using on their own, admissions to Withdrawal Management Services can be arranged in advance of scheduled residential program dates.
- Clients must have a medical form completed prior to admission.
- Due to demand, there is a waiting list to enter our Residential Treatment Program and it is common for women to be waiting up to four months for admission.

### *Private Beds*

- Up to two beds are currently available for women who have extended health care benefits, EAP assistance or the means to pay privately.
- We offer a limited number of spaces that are not publicly funded. These rates are tax deductible and are often covered through employers and extended health care benefits.

## *Caring Connections: Specialized Programs for Pregnant and Parenting Women*

The House of Sophrosyne is the only residential treatment program in Erie St. Clair LHIN that accepts women during any stage of their pregnancy.

### *Mothers in Recovery*

A woman needing to access treatment can be faced with the insurmountable barrier of leaving her young children behind in order to care for her own needs. With the planned expansion, we will be able to provide residential treatment for women with their young children up to six years of age.

Lacking strong support systems, vulnerable women are often forced to place children in foster care or leave their loved ones with caregivers who are incapable of assuming this responsibility.

We offer one-on-one crisis and/or group counselling to pregnant and parenting women, and to those women at risk of involvement from child protection services.

Our goal is to provide pregnant and parenting mothers with improved access to addictions programs and services that strengthen their recovery, and enhance the relationship between the mother and child during this time of transition. The services we now offer will be enhanced in our new and larger facility. We will have more private rooms for individual and family counselling as well as larger bedrooms when young children need to be on-site with their mothers.





# STRATEGIC DIRECTION AND GOALS

The Erie St. Clair LHIN is developing a Regional Addiction Strategy Plan, and is working with the House of Sophrosyne to align services. Our relocation initiative supports the service enhancements that will be required to implement the new strategies, promoting patient flow across the continuum of care. This plan will build upon the overarching ESC LHIN strategic plan that focuses on their key areas.

## *Chronic Disease Management*

- Realign the health care system so that people with chronic diseases get better regular care, are better able to self-manage their conditions, and are less reliant on emergency and acute care services.

## *Bold, Focused Leadership*

- As leaders of local health care, make courageous decisions that create a more tightly integrated, better aligned and sustainable system where people receive the best care possible.

## *Partnerships in Health Promotion*

- Create better links between all health promotion and prevention organizations so that people have better access to program and information that help them live healthier lives.

In response, the House of Sophrosyne has established goals and objectives that strengthen its role in the region.

## *Provide timely access to evidence-based addiction treatment providing families with a “second chance” to live a life of recovery.*

- Enhance residential treatment and expand services for women with their children.
- Enhance brief intervention and ready access strategies.
- Provide sufficient professional capacity qualified to deliver evidence-based treatment interventions.

## *Secure stabilized funding to sustain viable programs and services.*

- Consolidate programs, services and operations in a single location.
- Secure funding from various sources (i.e. LHIN, grants, donors, private beds).
- Continue to make tough decisions and plan strategically in order to build an even stronger, sustainable organization in the community putting clients' needs first.

## *Integrate, coordinate and collaborate with other service providers to provide robust, seamless, easily navigated addictions care system.*

- Raise awareness of the House of Sophrosyne and its services.
- Advocate and participate in the development of one point of access for information, common assessment and referral for addictions and mental health.
- Continued advocacy for alignment of House of Sophrosyne vision with the Mental Health and Addictions Network priorities and other community/LHIN strategies.



# RATIONALE FOR CAPITAL EXPANSION

## *Our Concerns*

Women in recovery have many specialized needs that range from mental health issues to concerns over childcare, all of which affect their recovery. The following is a list of our organizational concerns that are being addressed by ***Building for Recovery***:

- Our inability to respond adequately to the new regional strategy in our current location.
- The lack of bed capacity and long wait times (4 months).
- The need to improve access to local resources, particularly for women who have an opioid addiction.
- The lack of private visitation rooms for Children's Aid Society visits.
- A growing demand to expand resources in support of women and their children during treatment.
- Comply with AODA (Accessibility for Ontarians with Disabilities Act).
- Our current location as a whole is not well suited to persons living with a disability.
- Counselling rooms needed for private one-on-one sessions.
- A gymnasium is required for recreational programs.
- Clients have limited space for quiet, reflection time.
- Additional space is required for family visitation.
- Inadequate space for student placements.
- A growing need for improved capacity and privacy to meet Ontario Telemedicine Network (OTN) requirements.

## *Our Solution*

***Building for Recovery*** is a campaign for women who are affected by substance misuse and trying to rebuild their lives. Charitable donations to this campaign are an investment, not only in a facility, but in the lives of those our contributors will be helping. By helping to expand our location, the community-at-large will be providing the House of Sophrosyne with a solution for integrating services, adding more beds and increasing the quality of care. The following are some of the changes that will make a big difference in the lives of those we serve:

- Provide services across the continuum of care for addictions.
- Increase capacity to include private spaces, a gymnasium and more.
- Provide double occupancy bedrooms, as opposed to the current quad rooms.
- Building design will allow for the inclusion of mothers and children 0 - 6 years.
- Relocate the Intake Department to our central location.
- Increase the number of private beds.





## BUILDING FOR RECOVERY

Our current location is 8,500 sq ft, and according to an external auditor, it was estimated that we require 27,000 sq ft to meet program needs and to align ourselves with the LHIN's regional strategy.

The House of Sophrosyne is looking to raise \$2.9 million to cover the cost of the purchase and renovations of the former 27,491 sq. ft. St. Alexander Catholic Elementary School located at 5305 Adstoll Avenue. The purchase price of the building was \$625,000. Estimated annual operating costs are \$230,000, much of which will be covered by the ESC LHIN .

***Building for Recovery*** offers many opportunities for involvement. Donations of any amount are always appreciated by the House of Sophrosyne and it will take support from a great number of people to build our future. For those who wish to give a larger gift, perhaps as a memorial or tribute to a loved one, naming opportunities are available. Rooms can be sponsored by one person or a group of people, or even a business or faith group that would like to endorse the importance of our services in Windsor-Essex.





HOUSEOF**SOPHROSYNE**

Empowering Women Through Their Recovery

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