



# Report to the Community

*Fiscal year ending March 31, 2006*

## Amethyst Women's Addiction Centre

### Our Mission

Amethyst Women's Addiction Centre offers alternative addiction services to women. Amethyst is committed to working with diverse and marginalized groups of women. Our aim is to support women, individually and together, to take control of factors affecting our health and well-being.

### Our Philosophy

Amethyst is grounded in the feminist belief that women's experiences with alcohol, drugs and gambling cannot be separated from our experiences and status as women. We make direct links between the unequal position of women in society, the various forms of violence against women and substance use and/or problem gambling. A central task of Amethyst is to help women take charge of their lives by ending substance use and/or problem gambling and by making changes that enhance their strengths, their freedom and their choices.

### Our Vision

Amethyst aspires to equality and justice for all women. A health service concerned with prevention as well as direct service, Amethyst works toward changing unjust social structures that place women at risk of addiction. We address and communicate the specific ways in which substance use and/or problem gambling affect women's well-being and why social change is necessary.

### What We Do

Amethyst works with women, individually and in groups, who are concerned about their substance use and/or problem gambling. We also work in groups with women and children at high risk of developing an addiction, to help prevent addiction through education and social action. We provide training and consultation in the community to improve understanding of women's addiction issues.

### How We Work

Amethyst develops women-centered ways of working. Feminist values underpin our commitment to participatory management, shared responsibility and respect for individual differences. We believe the delivery of quality services to consumers is directly related to how we work together as staff, board and volunteers. Amethyst sees itself as part of the women's community in and beyond Ottawa, working with other services and organizations to promote issues of common concern. Amethyst offers services in English and French. We are committed to maintaining and enhancing effective French language services in the agency and to ensuring the continued availability and quality of these services.



**Helping  
Women  
Build  
Healthier  
Lives**

488 Wilbrod Street  
Ottawa, ON  
K1N 6M8

(613) 563-0363  
TTY: (613) 563-2995  
Fax: (613) 565-2175

E-mail: [amethyst@amethyst-ottawa.org](mailto:amethyst@amethyst-ottawa.org)

Website:

[www.amethyst-ottawa.org](http://www.amethyst-ottawa.org)

# REPORT FROM THE BOARD

Amethyst Women's Addiction Centre is now in its 27<sup>th</sup> year of operation providing necessary services to women in the Ottawa area in a safe, warm and friendly environment.

Our programs which are in English and French include: Treatment Programs for drug, alcohol and gambling addictions: Sexual Abuse Support Program, Children's Programs including prevention and play therapy as well as Health Promotion Programs covering Women and Wellness, and Women Juggling Roles in our society. We also offer a wide variety of professional workshops in the community and have an active Speaker's Bureau to service the community. To access any of these services or to get involved in any way as a volunteer, fundraiser, etc., please phone Amethyst Women's Addiction Centre at (613) 563-0363, or access our website at [www.amethyst-ottawa.org](http://www.amethyst-ottawa.org).

This past year we have received no new substantial funding increase from either the Ministry of Health and Long Term Care or United Way/ Centraide Ottawa. We continue to be grateful for these funding sources but the need for our services has neither decreased nor remained static. Board and Staff, through careful consultation and planning have worked very hard to try to ensure that Amethyst continues to provide our services in the most effective, caring and efficient way with the resources we have on hand.

We did, however, secure a One-time Grant from the Ministry of Health and Long-Term Care (MOHLTC) for a Management Information System (MIS) and computer related services which allowed for necessary up-upgrades to our accounting system. Work was also finalized on the One-time Grant we received from the MOHLTC last year for necessary property upgrades and repairs. We now have a more functional kitchen, freshly painted public rooms and necessary structural repairs done to our chimney, front porch and garage. We were able to complete these repairs with minimum disruption to the services to our clients.

The Fundraising and Membership Committee has been hard at work. This year the Fundraising and Membership Committee has been ably chaired by Simone Joannis from the Board, assisted by board, staff and community volunteers. Our principle fundraising activity is a Golf Tournament which will be in its third year of undertaking this year. We are grateful for the support of our sponsors and those who donate prizes and worked to make this day such a success. Another fundraising activity initiative which has added to our funds are proceeds from ticket sales from the New Edinburgh Players production of Noel Coward's *Hay Fever*. We are grateful for the generosity of Ingrid McCarthy, Director of the Players. We welcome assistance in our fundraising activities from the community. Please call or check our website for updates to participate in our activities or to volunteer.

This year, the Board has had neither additions nor resignations. We are always on the look-out for potential Board candidates, particularly from the Francophone community so if you have any interest in providing this type of community volunteer work, please contact us. Staff representatives on the Board this year include Claire Lacelle and Rose McDade. We are grateful to these women and indeed to all who have contributed to making work on the Board an active and harmonious process. We are grateful for the hard-working and loyal staff we have and for the support they have given to the Board. For those of us on the Board, this has added considerably to the atmosphere we work in.

We work hard at Amethyst Women's Addiction Centre to ensure that we are a visible partner in the community. We continue to be involved in interesting and challenging partnerships in both the women's community and the addiction community. We continue to be involved in working with women who have both an addiction and a mental health issue in the Concurrent Disorders Initiative in collaboration with the Canadian Mental Health Association and we continue to be the lead agency in the Early Childhood Development Project. The advent of the LHINs and the new MOHLTC restructuring in the province of Ontario will continue to involve the participation of Board and Staff in actively bringing issues of addiction and its related problems, and public education to the table when it comes to healthcare funding.

Our United Way/Centraide Ottawa sponsored Health Promotion Program continue to be active and very busy; we thank United Way/Centraide Ottawa for their ongoing support of Amethyst Women's Addiction Centre.

On behalf of the Board, I would like to thank all our community volunteers, who work so hard at fundraising, doing volunteer outreach work or offering professional advice and services. Your contributions are highly valued. Thank you as well to the members of the community for their generous and ongoing support in continuing to ensure that our valuable services reach those in need in our community. We look forward to yet another good year at Amethyst Women's Addiction Centre.

*Jane Caskey, Chair*

## Board Members

Jane Caskey, Chair  
Gisèle Frenette  
Anne Hrnchiar, Vice-Chair  
Simone Joannis  
Donna Larkin, Treasurer  
Maureen Murphy  
Jane Parsard  
Donna Pettey  
Amelia Shepherd, Secretary

# REPORT FROM THE MANAGEMENT COMMITTEE

*“Coming together is a beginning...  
keeping together is progress...  
working together is a success.”*

Author unknown

How time flies, we're into another year already!

There were a couple of staff changes this year. We welcomed Gwen Joeveer, the new part-time Health Promotion Worker in September; Gwen will also be doing some work in the Problem Gambling Program and in the Concurrent Disorders Initiative. Gwen replaced Alice Obina who had previously resigned. In the Early Childhood Development (ECD) Project, Nadine Letang replaced Cindy Deschenes – the Project Coordinator – at the Central Site office when Cindy took a one-year leave of absence to complete her studies in Edmonton.

Amethyst Women's Addiction Centre continues to be involved with a number of initiatives in partnership with other agencies in the allied sector. We're still part of the ECD Project as the lead sponsor agency for the Champlain District. The development of the Coalitions in each region, the ongoing training for frontline staff and the direct service delivery with our partner agencies are going strong as well as our involvement with the provincial and project evaluations of this project. In partnership with the Canadian Mental Health Association in the Concurrent Disorders Initiative, we continue to work together on this project for another year as well as expanding the program to form a Relapse Prevention Group for the clients in this initiative. This year, we're also part of the Ontario Problem Gambling Resource Group for Women Initiative where service providers across the province offering women-specific problem gambling programs have gotten together to work on a provincial problem gambling prevention initiative through a One-time funding by the Ministry of Health Promotion.

During the 2005-2006 fiscal year we got an increase in base funding of approximately \$38,000 for the Problem Gambling Program. We also got a One-year Grant through the City of Ottawa for our Children's Support Program that includes Play Therapy, One-on-one Counselling for Children and our Enriched Playcare Groups. We also got a One-time Grant of \$23,100 from the Ministry of Health and Long-Term Care (MOHLTC) to update our computers and software for implementation of the Management Information System (MIS).

In the area of Policy Development, the Centre developed an Anti-discrimination Policy as well as Policy Guidelines for the Prevention of Communicable Diseases.

Concerning the new Champlain Local Health Integration Network, Amethyst has been part of the ongoing restructuring process through the Champlain Addictions Coordinating Body.

On another note, we had major brick repairs done on the chimney and garage, house repairs completed, the kitchen renovated and had the house painted last summer; this was funded by a One-time Grant through the MOHLTC.

In closing, I would like to take this opportunity to thank Amethyst's hard-working Board of Directors for their outstanding work and continued support, Staff and Management Committee who did exceptional work during this period and a big thank-you to the community members, donors and volunteers for their continued support, generous contributions and commitment to Amethyst Women's Addiction Centre.

*Carol Wu, Management Committee*

## Staff

Nighat Ara, Counsellor  
Jocelyn Bigras, Administrator  
Natalie Champagne, Community Relations  
Coordinator  
Kim de Bellefeuille-Percy\*, Project Developer,  
ECD Project  
Cathy Dolan\*, Childcare Coordinator  
Tracy Doran, Relief Intake Worker  
Josephine FitzGerald, Counsellor  
Erin Fowler, Counsellor  
Marie Gérin, Art Therapist/Counsellor  
Donna Hall, Counsellor (Kanata Satellite Office)  
Sandi Harmer, Health Promotion  
Program Coordinator  
Gwen Joeveer, Health Promotion Worker  
Claire Lacelle, Intake Worker  
Gundel Lake, Counsellor  
Nadine Letang\*, Acting Project Coordinator/  
Community Facilitator, ECD Project  
Rose McDade, Counsellor  
Marguerite Tennier, Counsellor  
Carol Wu, Coordinator

\* = Contract Staff

## ENGLISH TREATMENT TEAM

There were no staff changes in 2005-2006, in the English Treatment Team at Amethyst Women's Addiction Centre. The Treatment Team consists of 5 permanent counsellors: Josephine FitzGerald, Rose McDade, Nighat Ara, Erin Fowler, Gundel Lake and Donna Hall, who works part-time/contract at our Kanata Satellite Office. The Treatment Team is operating at its full capacity and is enjoying the work.

Gundel Lake is on a special advisory committee this year for Gambling. She is being replaced while she is away at these times by Sandra Kelly.

The Treatment Program have run seven 10-Day Intensive Programs this year. This past year, staff members have taken turns to plan and implement a Self-Care day for everyone on staff. We have enjoyed them tremendously and to date have had three Self-Care Days.

Our September Planning Week was full of meetings, workshops and brain-storming. Many of us looked forward not only to developing our plan of action for the coming year but enjoyed the time spent with each other as a time to reflect on what we have accomplished so far, where we are going as well as enjoying each others company in a different light. Till next year.

Rose McDade, Counsellor

### Early Childhood Development and Women with Addictions Project

Great progress continues to happen on the Early Childhood Development (ECD) Project. Amethyst Women's Addiction Centre is again the lead agency in Phase II of this project (2003-2007) funded by the Ministry of Health and Long Term Care. Now in the service delivery phase, the workers in each area are working at full caseloads with women with addictions who are pregnant and/or have children aged 0-6.

The Acting Project Coordinator, Nadine Letang, and the Project Developer, Kim de Bellefeuille-Percy, continue to work closely with Rideauwood Addiction & Family Services (Ottawa), Pathways Alcohol & Drug Treatment Program (Renfrew), and Addiction Services of Eastern Ontario (Prescott-Russell and Stormont, Dundas and Glengarry) to provide a service plan that is designed to meet the unique needs of each region. The Central Site staff is also working hard on community outreach and to provide training opportunities to community partners.

The development of new partnerships and strengthening existing ones in each local region will lead to improved, integrated and coordinated services for the identified population and will ultimately improve outcomes for women and children.

*Nadine Letang and Kim de Bellefeuille-Percy,  
ECD Project*

### Student Placement

This year we have had two students and they were both Social Worker students at the M.S.W. level at Carleton University. Things have been going quite well and we all take turns supervising and helping the students. Because of our busy schedules two of us get together to supervise them and they also consult with all of the workers here. Mary Dixon Bourque joined us last summer but things came up that made her take some time off so she joined us and completed her placement here in the fall. The second one, Nataxja Cini, started in February and just finished on April 11, 2006. Another student starting her placement in May, will stay for most of the summer. She is Natasha Maharaj who has completed her classes at CDI College.

*Josephine FitzGerald, MSW, RSW, Counsellor*



A United  
Way/Centraide  
member agency

## Outreach Volunteers

We still have a good group of women who have graduated and like to support women going through our services here. We have nine women who are Outreach Volunteers. We meet together every couple of months, though only a few of them have been coming to the meetings. They are also helping with a group of graduates, called the Alumni Group, on Tuesday evenings twice a month. This is a small group but it may get bigger as other women graduate and join the group.

*Josephine FitzGerald, MSW, RSW,  
Counsellor*

## FRANCOPHONE TREATMENT PROGRAM

There have not been any staff changes this year. Marie Gerin and Marguerite Tennier are the two counsellors in the French Substance Abuse Treatment Program. Marie is also the counsellor in the Problem Gambling Program and she assists Gudel Lake in the English Problem Gambling Program.

Marie regularly attends the Francophone Gambling sub-committee and both are members of the Employee Assistance Program Association.

Marie and Marguerite now alternate to represent Amethyst Women's Addiction Centre on the Réseau Franco-Toxico (the French Cluster). They are preparing to offer a 10-day Intensive French Program in June 2006.

*Marguerite Tennier, M.A., Counsellor and  
Marie Gérin, M.A., ATPQ, Counsellor and Art  
Therapist*

## STATISTICS

### Appointments Booked

English Treatment - 2,865  
French Treatment - 450

English Gambling - 224  
French Gambling - 38

### Intensive 10 Day Program

Offered 7 times in English to 37 participants

### Sexual Abuse Program

Offered 2 groups to 5 participants

### Health Promotion

Offered 8 groups with a total of more than 77 participants in the community (8-12 weeks per group)

### Community Seminars

12 seminars are held on a yearly basis (1 seminar each month) at Wilbrod.

### Play Therapy

Offered 1 group to 5 participants

### Children's Drug Abuse Prevention

Offered 3 groups to 11 participants

### Education Workshops

25 workshops reached more than 1,800 people

### Parenting Program

Offered 1 group to 6 women

### Art Therapy Program

Offered 1 groups to 13 women

### Mother/Daughter Program

Offered 1 group to 4 participants

### Lesbian Support Program

Offered 24 groups to 27 participants

## SEXUAL ABUSE PROGRAM

The Sexual Abuse Program offers individual and group counselling for women in the community who are in recovery from gambling and/or substance abuse and who want to explore and heal from experiences of childhood sexual abuse.

In the past year eight women were ready and benefited from participating in the two groups offered, one last Fall and one this Spring. The evaluations received thus far, as the Spring group is still in progress, indicated that participants were helped to become more aware of the impact the abuse had on various aspects of their lives – including behaviours, feelings and beliefs. Some participants started to experience more positive feelings about themselves, while others became more aware of how difficult it was to express their feelings.

Also in the Fall, the Coordinator of the program was invited to address a class of social work students at Carleton University about the link between trauma and addiction. It focussed on Amethyst's approach to assisting women to overcome the impact of complex trauma.

*Erin Fowler, Counsellor*

## Follow-up Workshops

Additional programs are offered to our clients and to other women in our community dealing with gambling and substance addiction. In October, Josephine started a weekly relaxation and meditation group on Tuesdays from 4:00 p.m. to 4:30 p.m. She has a small but faithful following of clients. In November, Nighat and Rose provided the Structured Relapse Prevention Program. Five women participated and benefited from it. As well this spring, Marie is offering a four-week Art Therapy Workshop to clients.

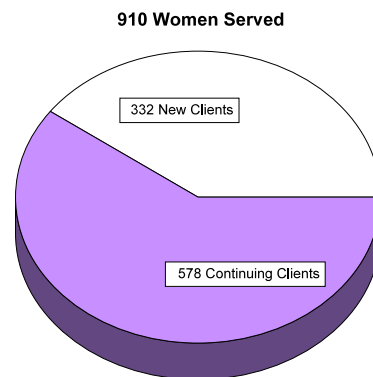
*Erin Fowler, Counsellor*

## Art Therapy Workshop

We offered one five-week Art Therapy group which was led by Marie Gérin, Art Therapist. The two-hour session was oriented towards fostering creative exploration and self-esteem using art media and collage. The program went well and the women have manifested their interest in having and attending more groups. Unfortunately, the Art Therapist's workload did not permit this to happen.

A Holiday creativity workshop was also held in which staff and clients were invited to create a wreath and a tree ornament.

*Marie Gérin, Art Therapist, Counsellor*



## 2005 Golf Tournament at the Meadows Golf & Country Club



# HEALTH PROMOTION PROGRAM

We hired Gwen Joeveer in September 2005 and she came into one of the busiest times of the year. Gwen came to us with a diverse background in education and counselling (M.A.) and she has been a very welcome addition. Although her hours were reduced because of funding she was offered other hours in the Problem Gambling Program and she co-facilitates the Concurrent Disorders group here at Amethyst with a worker from the Canadian Mental Health Association (CMHA). Even though the Health Promotion Program was short staffed for four months we were able to continue our work in the community by offering eight programs all of which were eight-weeks in length to 79 women, but we still continue to have waiting lists of over 70 women for the various groups. We continued to offer monthly Community Seminars.

A full day Speaker's Bureau Training Workshop was offered to community members and we now have 4 speakers, two women who have gone through treatment and two women who have taken the Health Promotion programs out in the community.

The manual, "Women Juggling Roles ... Skills for Change", from the Health Promotion Program still continues to be successful and copies have found their way across Canada.

In June, Sandi was honoured at the AGM for 25 years of service at Amethyst when she was presented with a quilt that had been made by Anne Hrnchiar, Rose McDade, Jocelyn Bigras and Carol Wu, signatures with messages from staff and board were sewn into different pieces of the quilt. It is a treasured gift and so gratefully appreciated.

We received a one year grant from the City's 2005 Community and Project Funding Program to run a 12-week Play Therapy Program for children aged 4-8, as well as to offer individual sessions. As this program extends from July 2005 to July 2006, the final outcome will be reported in the next Annual Report.

*Sandi Harmer, Health Promotion Coordinator*

## About Our New Clients

**332 Women became new clients**

**The average age of our new clients was 37**

### Primary addiction identified

- (1) Alcohol
- (2) Cannabis
- (3) Tobacco
- (4) Cocaine
- (5) Crack
- (6) Prescription opioids
- (7) Gambling
- (8) Ecstasy
- (9) Benzodiazepines
- (10) Amphetamines and other stimulants
- (11) Over-the-counter codeine preparations
- (12) Other psychoactive drugs
- (13) Heroin/Opium
- (14) Hallucinogens

### Income Source

|  |     |
|--|-----|
| Employment                                       | 310 |
| Employment Insurance                             | 33  |
| ODSP (Ontario Disability Support Program)        | 116 |
| Disability Income                                | 60  |
| Other insurance (excluding Employment Insurance) | 1   |
| Ontario Works                                    | 190 |
| Retirement Income                                | 21  |
| Other  | 101 |
| None   | 48  |
| Unknown  | 29  |
| Not specified                                    | 1   |

### Language

|         |     |
|---------|-----|
| English | 768 |
| French  | 138 |
| Spanish | 2   |
| Other   | 2   |

### Education

|                                |     |
|--------------------------------|-----|
| University/College Graduate    | 294 |
| Some Post-Secondary            | 189 |
| High School                    | 173 |
| Some High School               | 201 |
| Elementary School              | 19  |
| Some Elementary School or less | 3   |
| Unknown                        | 31  |

### Legal Problems

|         |     |
|---------|-----|
| No      | 717 |
| Yes     | 161 |
| Unknown | 32  |

# COMMUNITY RELATIONS PROGRAM

This has been an exciting year for the Fundraising and Membership committee at Amethyst Women's Addiction Centre. Our 2nd Annual "Best Ball" Golf Tournament, which was held on June 9, 2005 at the Meadows Golf and Country Club was attended by 56 golfers, compared to 12 for our 1<sup>st</sup> Annual "Best Ball" Golf Tournament. Thanks to Bill Larkin, PCL Constructors, we received sponsorship from Sayers & Associates Ltd., as the Title Sponsor for the tournament, Gem Campbell Ltd. as the Golf Cart Sponsor, and Amtech Electrical as the Dinner Sponsor. We also received sponsorship from The New RO Cable 6 and the Ottawa Sun.

Our 3<sup>rd</sup> Annual "Best Ball" Golf Tournament will be even more exciting than the previous two. Community members are becoming aware of this annual event and are looking forward to it each year. We have obtained sponsorship from the A Channel, The Ottawa Sun and The Bear 106.9 FM. Our "Title Sponsor" this year will be Gem Campbell Ltd., the "Dinner Sponsor" will, once again, be Amtech Electrical Services Ltd. and Sayers and Associates Ltd. will be the Golf Cart sponsor. We have added two new Sponsorship Levels for this event: Lacroix et Fils Granite Ltée. will be the "Box Lunch" Sponsor and PCL Constructors Canada Inc. will be the "Welcome Sponsor" I want to thank these sponsors, new and returning, for their continued support in Amethyst Women's Addiction Centre

The Golf Sub-committee, of the Fundraising and Membership Committee, will be working very closely with these sponsors to keep their interest in sponsorship opportunities which will be coming for our next event.

I want to thank the Golf Sub-Committee members, Maureen Murphy, Carla Blacquiere, Emily Parent, Debbie Vanderburgh and all of the volunteers – Tracy Doran and Joanne Milligan – for their hard work in making this tournament better each year.

I have spent the past year, in collaboration with the Fundraising and Membership Committee, on finding new and innovative ways of raising funds, increasing membership and planning for new events.

We continued to hold Community Seminars, on a monthly basis, at Amethyst. We attended Community/Agency Fairs where we liaised with other agencies and members of the community to promote our services and our publications. We also participated in the United Way/Centraide Ottawa Speakers' Bureau as often as we could to increase our profile.

During this past year, we increased our visibility by appearing in television interviews. On June 6, 2005, with the New RO Cable 6 for an interview regarding the services provided by Amethyst Women's Addiction Centre and our 2<sup>nd</sup> Annual "Best Ball" Golf Tournament. I also appeared on Rogers Cable 22 "Daytime" on March 7, 2006. The Ottawa Citizen published "filler"

ads in the newspaper in the TV Guide during November to December, 2005. I have also placed a "hit counter" on our web site at [www.amethyst-ottawa.org](http://www.amethyst-ottawa.org), in order to monitor the amount of traffic we receive to our site. From February 22, 2006 to date we have received 349 hits on our web site.

*Natalie Champagne, Community Relations Coordinator*

## PROBLEM GAMBLING PROGRAM

This past year has been another very busy one for the Problem Gambling Program. We continue to serve an increasing number of women through individual counselling, bi-weekly support groups, and the intensive treatment program. Services are offered in both English and French. Women also have access to other follow-up programs and workshops such as the Sexual Abuse Support, Art Therapy, Health Promotion, and the Children's Support Program. Our Problem Gambling Program Outreach Volunteer also has been very busy this year by working with a number of women who are new to Amethyst.

Amethyst continues to work with various community agencies and remains a member of the Ottawa Problem Gambling Coordinating Committee (OPGCC). We also are members of the OPGCC's Francophone subcommittee, Comité des services en français sur le jeu problématique. In March 2006, Amethyst and the OPGCC participated in a provincial-wide awareness and education initiative: *Within Limits: Problem Gambling Awareness Month/Zone Limite: Mois de la prévention du jeu problématique*. The purpose of this month is to raise awareness and education regarding the risks associated with problem gambling, as well as where to get help if necessary. As part of this provincial initiative, Amethyst and members of the OPGCC hosted an educational workshop for service users, service providers, and industry representatives.

Since the fall of 2005, Amethyst has also been working on another provincial initiative. Along with four other agencies from across the province who provide specialized services to women who problem gamble, we have been working towards forming a provincial network of professionals who work with these women as well as producing resource manuals about working with this population for a variety of service professionals. Our first manuals will be ready for distribution in June 2006.

This past year, we also received an increase in funding through the Problem Gambling Program. We directed a portion of this funding to Health Promotion which allows us more time to provide education and awareness activities about women and problem gambling in the community. Gwen Joeveer, our Health Promotion Worker, has been working to develop and offer presentations and workshops about our services, and women and problem gambling.

As the number of women accessing the Problem Gambling Program remains consistent, and our work expands to include new education and prevention projects we look forward to another busy year in 2006-2007.

Gundel Lake, Counsellor