



AMETHYST MATTERS

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Centre Amethyst pour femmes toxicomanes
Amethyst Women's Addiction Centre

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1st Annual "Best Ball" Golf Tournament



Our first golf tournament was very successful and we would like to thank the following organizations for donating prizes to this tournament:

Canadian Women Golfers Inc.

GolfTown

ISO Vibe Inc.

Loch March Golf & Country Club

Porter-Cable, Delta and Flex

Preston Hardware

The Ottawa Citizen

The Ottawa Senators Foundation

Thank you to everyone who participated and to the Loch March Golf & Country Club for making the day a wonderful experience for everyone.



1er tournoi «la meilleure balle» de golf annuel



Notre premier tournoi de golf était très réussi et nous voudrions remercier les organismes suivants de nous avoir donné des prix pour les participants :

Canadian Women Golfers Inc.
GolfTown
ISO Vibe Inc.
Loch March Golf & Country Club
Porter-Cable, Delta and Flex
Preston Hardware
The Ottawa Citizen
The Ottawa Senators Foundation

Merci au Loch March Golf and Country Club et à tout le monde qui a participé pour avoir fait de cette journée une expérience merveilleuse pour chacun.

Reaching Out; Champlain District Early Childhood Development and Women with Addictions Project (ECDP) Where Are We Now?

The Champlain District Early Childhood Development Project, funded by the Ministry of Health and Long Term Care, works with allies in the addictions, early years and child welfare sectors to improve treatment services for women with addictions who may be pregnant and/or have children aged 0-6 years of age.

Now in its third year, the project continues to facilitate links between existing programs, ease access to services, and provide *early identification in addiction* training to professionals in Champlain District (which include Ottawa, Renfrew County, Prescott-Russell and Stormont, Dundas and Glengarry).

Born from identified needs, the project findings estimated at onset that 245,365 women were of childbearing age, and nearly 60,000 children under 4 years of age lived in the Champlain district area. It was also estimated that approximately more than 10,000 children in Champlain are potentially affected by the mother's alcohol use during pregnancy.

Some identified needs included a distinct lack of childcare, a lack of public transportation for women living in rural areas and the need for free professional development training in early identification of addictions. These existing barriers prove to be an ongoing challenge for women attempting to access addiction services.

In recent months, the ECDP has made great strides toward achieving its objectives. Coalitions in Ottawa, Prescott-Russell, Renfrew County and Stormont-Dundas-Glengarry have since been established; and free training modules have now been delivered with still more sessions to come.

ECDP workers were hired in each of the areas within Champlain to work with community partners such as CAS to field test developed protocols, make referrals and promote the ECDP services while enhancing additional services for women. An extensive virtual resource library for front-line workers and other professionals was created through the Central Site Coordinating Office and is now ready to be launched.

The Early Childhood Development Project staff and partners are working hard to better the lives and treatment experiences of pregnant women or those with children from 0-6 years of age who are living with addictions.

For more information on the project, training or protocols, contact Cindy Deschenes at (613) 729-0659, or Kim deBellefeuille-Percy at (613) 729-0730. Our site can be accessed at <http://www.geocities.com/kimprov1/ECDP.html> We look forward to hearing from you!

ECDP Central Site Coordinating Office Staff



Health Care

“Sober Times at Centre – Funding crisis threatens city’s lone detox facility”

*taken from the Ottawa Sun, Sunday, August 29, 2004
by Carole Phillips*

A major crisis is looming over Ottawa with the pending closure of the city's only detox centre, which could leave thousands of alcoholics and drug addicts with nowhere to go except to hospitals or jail.

"It's unthinkable the capital wouldn't have a detox centre," said Bill Hayden, chairman of the advisory committee for the Ottawa Withdrawal Management Centre. Especially when one considers that the OWMC is one of the busiest of the 31 detox centres in the province and that much smaller communities, such as Cornwall, have their own facility, he said.

The OWMC, located inside an inconspicuous-looking building at 62 Bruyère St., has helped tens of thousands of drug addicts and alcoholics during its 30 years in operation.

The centre, which runs on an annual budget of \$914,000, is a first step for many people wanting to lick their addiction. It helps people deal with the pain and illness of alcohol and other drug withdrawal and then refers them to treatment centres for recovery.

Contrary to public perception, the facility is used by more than just the down and out. Clients come from all walks of life, including homemakers, senior citizens and professionals.

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Your membership includes:

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an income tax receipt for donations over \$25
Amethyst mailings including our Newsletter and Annual Report

To make a **donation**, please make your cheque payable to:

Friends of Amethyst.

For a **membership**, make your cheque payable to:

Amethyst Women’s Addiction Centre

**488 Wilbrod Street
Ottawa, ON
K1N 6M8**

Name _____

Address _____

City _____

Prov. _____

Postal Code _____

Phone _____



'Big family secret'

But alcoholism and drug addiction are not sexy topics of conversation, said Wendy Whyte, one of the centre's addiction crisis workers.

"It's the big family secret," said Whyte. "Nobody wants to talk about Uncle Al, who's been drinking, or Cousin Jimmy, who's been doing cocaine."

Paul Bouffard, who retired eight years ago from the centre, used to watch teens bring in their dads, wives bring in their husbands and bosses bring in their employees. At one time, he was brought in by his sister.

It was Christmas Eve 1976, and Bouffard called his sister for help after going on yet another bender. "I was in really bad shape," said Bouffard, 73, of Old Chelsea.

Bouffard remained at the facility for several days before seeking further help at a recovery home. He was readmitted to the detox centre a couple more times before touching his last drop of booze in January 1979.

Bouffard eventually began working at the facility and remained there for 16 years, retiring at age 65 in the position of co-ordinator.

"It would be irresponsible to let this place go," said Bouffard. "It has helped so many people over the years."

Last April, the centre's 21 full- and part-time staffers were issued permanent layoff notices in anticipation of the centre's permanent closure Oct. 1.

The centre's current sponsor, Sisters of Charity of Ottawa Health Services (SCO), announced last year it was pulling out because of a lack of funding. To date, the Ministry of Health and Long-Term Care has not found another sponsor.

"We know them inside out. We know their issues, their background and their needs," said Demetre. "After Oct. 1 we may never see any of them again. Where are they going to go?"

Aidez les femmes à bâtir des vies plus saines

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- ◆ nos bulletins d'information, notre rapport annuel, etc.

DON

- " Voici mon don : _____ \$

Pour votre don vous recevrez :

- ◆ un reçu pour fins d'impôt (pour tout don de 25 \$ et plus)
- ◆ nos bulletins d'information, notre rapport annuel, etc.

S.V.P. faites votre chèque à l'ordre de
« Friends of Amethyst »
s'il s'agit d'un don.

Faites-le au nom du
Centre Amethyst pour femmes toxicomanes
pour devenir **membre.**

488, rue Wilbrod
Ottawa, ON
K1N 6M8

Nom _____
Adresse _____
Ville _____
Prov. _____
Code Postal _____
Tél. _____



Addiction experts fear a closure of the centre will only serve to burden more costly provincial services, such as hospital emergency rooms and the criminal justice system.

The 20-bed detox centre had 2,780 admissions last year and had to turn away another 1,100 requests because of a lack of space.

"You're going to have 2,600 to 3,000 people show up in the emergency room or be held in police cells," said Hayden.

With the threat of closure becoming more real with each passing week, the support – which has come from community groups, municipal and provincial politicians, and past clients – has been "heart-warming," said the centre's director, Virginia Hamilton, who takes great pride in the services provided by staff over the years.

A petition is currently being circulated to save the detox centre. To date, it has collected more than 1,800 signatures.

The threat facing the facility is not unique to Ottawa. The province has only increased its funding to addiction treatment agencies by 2% in the past 12 years, said Dennis Long, president of Addictions Ontario.

"Everyone is struggling and the Ottawa detox is just one example," he said.

What Amethyst is doing to help the Detox Centre

We have written the following letter to the Premier of Ontario:

September 7, 2004

The Honourable Dalton McGuinty:

The Board of Directors of Amethyst Women's Addiction Centre is very concerned about the closure of the Ottawa Withdrawal Management

Centre (Detox) scheduled for October 1, 2004. We feel very strongly that the negative impact of this closure will jeopardize the health and well-being of a large number of Ottawa residents and their families.

Moreover, additional costs incurred in accrued utilization of emergency health services and police holding cells will tax an already strained health system and add to the tax burden of Ottawa residents.

The following information illustrates the dimensions of this crisis situation:

1. 31 communities in Ontario have withdrawal management centres
2. The Ottawa Detox has been serving our community for 30 years
3. The annual budget for 2003-2004 was only 1.2% higher than in 1992-1993
4. Current annual budget is \$914,046 with 21 employees
5. The OWMC had 2,780 admissions last year
6. 1,100 requests for admission were refused because the Centre was already filled to capacity
7. Hospital admission for 24 hours is \$1,100 (vs. \$93 for Detox)

It is our understanding that a new Schedule 1 sponsor has come forth and that the under-funding issue remains a barrier to the progress of an agreement. We are hereby asking you to do whatever it takes to ensure success in the negotiations and to avoid at all cost the closure of the Ottawa Withdrawal Management Centre.

Should that outcome be inevitable, we are hoping that planning is currently under way to identify and facilitate access to alternate facilities in the region for clients as well as discussions with officials in hospitals and police to develop protocols to handle a significant increase in client load to already overcrowded services and facilities.



Ottawa cannot afford to be the only major community in Ontario without a Withdrawal Management facility for its population in need!

Thank you for your concern and action on this issue.

Sincerely,

A handwritten signature in cursive script that reads 'Anne Hrnchiar'.

Anne Hrnchiar
Chair

Following is the response which we received from Dalton McGuinty:



The Premier
of Ontario
Legislative Building

Queen's Park
Toronto, Ontario
M7A 1A1

Le Premier ministre
de l'Ontario
Edifice de l'Assemblée
legislative

Queen's Park
Toronto (Ontario)
M7A 1A1

September 17, 2004

Ms. Anne Hrnchiar
Chair, Board of Directors
Amethyst Women's Addiction Centre
488 Wilbrod Street
Ottawa, Ontario K1N 6M8

Dear Ms. Hrnchiar:

Thank you for writing to me regarding the Ottawa Withdrawal Management Centre. I am grateful to you for taking the time to share your concerns about this vital issue.

Few things in life are more important than our health. This is why our government is committed to giving people in all parts of the province the results they need and deserve. Part of that commitment means doing our utmost to ensure

that Ontarians have access to the services they need, when they need them, right in their own communities.

I appreciate the issues you raised with respect to the challenges facing the Ottawa Withdrawal Management Centre. I want to assure you that the Ministry of Health and Long-Term Care is aware of the situation and is working hard toward a feasible solution that will keep this important facility open. These efforts include exploring alternative funding arrangements or the possibility of moving the program to another Ottawa-area hospital.

Our government will continue to work with stakeholders and local residents to help keep the doors of the Ottawa Withdrawal Management Centre open. Our goal is to rebuild medicare and bring real, positive change to community health services across the province.

Thank you again for writing. Your input is always welcome.

Yours truly,

A handwritten signature in blue ink that reads 'Dalton McGuinty'.

Dalton McGuinty, Premier



A United
Way/Centraide
member agency



TRUCS POUR SURVIVRE AUX FÊTES

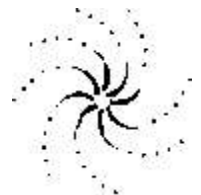
1. Ne vous sentez pas coupable d'incommoder les autres parce que vous ne buvez pas. Vous avez la responsabilité de votre bien-être et de votre bonheur. Prenez charge de votre vie, brisez l'habitude de suivre le groupe et de dépendre de l'approbation des autres. Prendre conscience de vos buts à long terme vous rendra plus forte pour résister aux pressions.
2. Prévoyez les situations problèmes. Où et quand aurai-je le goût de consommer ? Pourquoi ? Évitez ou changez ces situations, si possible. Si cela est impossible, planifiez comment survivre.
3. Baissez vos attentes des Fêtes et de vous-même. Rafraîchissez votre sens de l'humour : c'est une défense incroyable contre les réactions émotives désagréables. Rire est une bonne façon de combattre le stress, ça ne coûte pas cher, ne cause pas de culpabilité et améliore votre perspective. Il n'y a pas non plus de maux de tête du lendemain matin à cause d'avoir trop ri !
4. Indépendamment de vos obligations, prenez le temps d'être avec vous-même – sans pression – pour méditer, faire le vide, lire votre livre favori, aller prendre une marche, faire quelque chose qui nourrira votre âme et vous ré-énergisera.
5. Tentez de passer du temps ou de parler à une personne à qui vous faites confiance. Gardez les numéros d'amies, d'Amethyst, de personnes de confiance à la portée de la main. Rappelez-vous que le Temps des Fêtes est un temps où beaucoup de personnes se sentent très seules – pas seulement les personnes en traitement.
6. Plusieurs familles mélangent l'hostilité et l'amour. Soyez préparée – spécialement concernant les farces concernant votre consommation passée. La plupart du temps les gens qui font ce genre de commentaires ne réalisent pas qu'ils offensent les autres – si cela vous arrive, souvenez-vous de vos cours d'affirmation de soi avant que la moutarde vous monte au nez.
7. Apprenez à composer avec vos émotions avant qu'elles ne vous submergent.

8. HALT – Ne vous laissez pas devenir en colère, fatiguée, avoir faim ou esseulée. Ceci semble difficile à faire mais si ces émotions ou états deviennent aigus, c'est un signal que c'est le temps de prendre soin de vous : les obligations sociales devraient prendre une deuxième place après vos besoins de base.

9. Si vous vous sentez lésée, faites-vous plaisir, gâtez-vous. Préparez votre breuvage non alcoolisé préféré, prenez un long bain, achetez-vous une gâterie ou louez vous un film ou achetez votre revue préférée. Acceptez l'aide des autres – vous le méritez.

10. En plus de travailler sur votre sens de l'humour, prenez soin de votre vie spirituelle, tel que vous l'entendez. Ceci est une source importante de force et peut vous aider à changer votre point de vue. Ne confondez pas l'esprit de la saison avec les "choses" extérieures – vous risqueriez d'être déçue. Cherchez d'abord à l'intérieur de vous, dans vos croyances, vos valeurs et dans la qualité des relations que vous entretenez avec vos proches.

*Marguerite Tennier, M.A.
Conseillère*



Wishing you a lovely holiday season and all the best for the new year.

All the best from the Staff and Board of
Amethyst Women's Addiction Centre



In the Community

We postponed our event scheduled for Saturday, September 25, 2004 featuring Suzie Vinnick, Evemarie Brunnelle and Malaika because we did not feel that we had enough time to spend on the planning of such a major event. We are planning on inviting these performers to another event which will be held sometime in 2005.

Our 2nd Annual Golf Tournament will be held in the summer of 2005. The location and date is still to be confirmed.

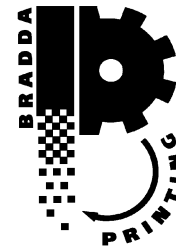
The Membership and Fundraising Committee, which has grown from six to nine members, is working on securing sponsorship for the golf and for the dinner. We will be setting up a Golf Committee to oversee the planning for the 2005 Golf Tournament.

I want to thank all of the volunteers, Joanne Milligan, Debbie Vanderburgh, Jennifer Clarke and Tracy Doran who helped make our 1st Annual Golf Tournament very successful. It wouldn't have happened without you!

Natalie Champagne
Community Relations & Media Coordinator



Our Sponsors



Our Supporters

Our supporters are organizations that have given a donation of \$1,000 or more. We wish to thank all of our donors. We consider all donations a significant contribution, but individual donors are too numerous to mention.

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