

**2005**

The mission of the Last Door Recovery Society is to provide supportive, therapeutic environments where individuals and their families who are affected by addiction can get assistance in improving the quality of their lives.

## **ANNUAL REPORT**

# **Last Door Recovery Society**

[www.lastdoor.org](http://www.lastdoor.org)

# Last Door Recovery Centre

323-8<sup>th</sup> Street, New Westminster, B.C. V3M 3R3

## Next Door

327-8<sup>th</sup> Street, New Westminster, B.C. V3M 3R3

Phone: 604-525-9771 Fax: 604-525-3896

[adult@lastdoor.org](mailto:adult@lastdoor.org)

## Last Door Youth Program

109 Ash Street, New Westminster, B.C. V3M 3R2

Phone: 604-520-3587 Fax: 604-521-1889

[youth@lastdoor.org](mailto:youth@lastdoor.org)

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# LAST DOOR RECOVERY SOCIETY

## BOARD OF DIRECTORS

<b>Exeuctive</b>	
<b>President</b>	Don Leyes
<b>Vice President</b>	Anders Kvarnstrom
<b>Secty/Treas</b>	Myken Beka
<b>Members</b>	
	Jim Grant
	Akram Ftaya
	Scott Lang
	Ron Cross
	Linda Lane
	Haneef Esmail
	Gordon Truscott
	Todd Ware
	Lawrence Reimer

## STAFF

<b>Executive Director</b>	David Pavlus, CCS
<b>Administrator</b>	Louise Cooksey, CCS
<b>Program Manager</b>	Michael Pesu, ICADCT
<b>Adult Program</b>	
	Adrian Carlson
	Don Moran
	Daniel Marks
	Blair May
<b>Youth Program</b>	
	Peter Beka
	Jessica Cooksey
	Frank Viscount
	Chris Gilken
	Cam Cutler
	Matt Kalenuik

**Staff all worked hard this year to maintain our high quality of service and contribute to the success of our clients. It has been a challenging year in terms of coping with growth while still striving to innovate and be creative with programming. Last Door is extremely proud of our staff and satisfied with their representation of our Society.**

## FINANCIAL REVIEW

**A financial review was conducted August 31, 2005 by Reg McKinley, CGA of HKM & Partners. The society remains in good financial standing and all financial commitments are up to date. The 2005 Annual Financial Review along with the Annual Budget were approved at the Annual General Meeting in April 2006. Copies of the Financial Review can be obtained by contacting:**

**LAST DOOR RECOVERY SOCIETY  
323-8<sup>TH</sup> STREET,  
NEW WESTMINSTER, B.C. V3M 3R3  
[accounting@lastdoor.org](mailto:accounting@lastdoor.org)**

## **MESSAGE FROM EXECUTIVE DIRECTOR**

**Last Door has experienced incredible growth this year. Ongoing support from alumni, volunteers, donors, members and other supporters helped the staff and Board of Directors achieve and surpass some long standing goals. Thanks to these collective efforts Last Door remains a frontrunner in terms of innovative programming.**

- **Increased utilization of the Youth Program was accomplished - the program has been operating at maximum capacity and with a waitlist throughout most of 2005.**
- **A third location, dubbed “Next Door” and located at 327-8<sup>th</sup> Street (next to the adult facility) was purchased in December 2005. The 13,857 sq. ft. of additional space is being used for expansion of the adult program, transitional living services for youth and adults and family program; including a live-in family suite.**
- **Ethnic diversity has increased among our client group, particularly in respect to the Indo-Canadian community. This was made possible through alumni reaching out to their communities.**
- **Family programming has expanded with the support of Gaming funds (Boardwalk Gaming Center) and includes weekly Women’s, Parents’ and Couple’s groups.**
- **Several new staff have been hired and are enrolled in educational upgrading/training programs.**
- **A total of 300 hours of video footage has been recorded and is ready for editing.**
- **Over \$100,000 improving the overall amenities - fixtures, furnishing, fittings and landscaping have all been upgraded. We are being commended by neighbors for these high quality external aesthetic improvements.**
- **The attained a SCPI Grant that allowed us to purchase the Youth facility @ 109 Ash St. thereby securing its future.**

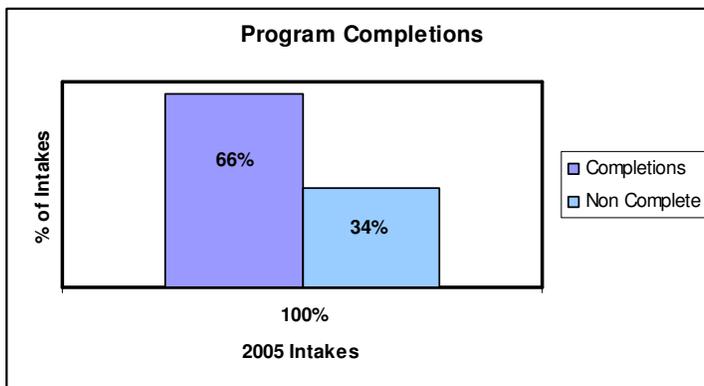
**Last Door is a vital and unique “recovery community” thanks to the many supporters who gave time, money and moral support this year.**

*David Pavlus*

# LAST DOOR RECOVERY CENTRE

## UTILIZATION

Between January and December 2005, there were a total of 113 through the adult residential treatment program. Fifty-eight (58) clients responded to follow-up surveys, a compliance rate of 51%.



**66% of intakes completed the program.**

**Clients who completed the program stayed an average of 196 days.**

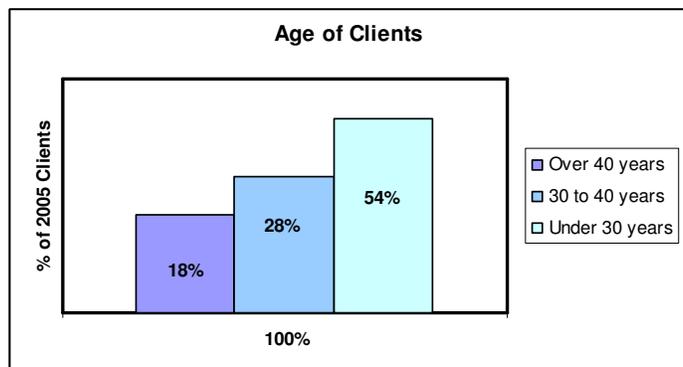
**Those who did not complete stayed an average of 17 days.**

**The average number of persons on the waitlist each month was 28.**

## Cultural Demographics

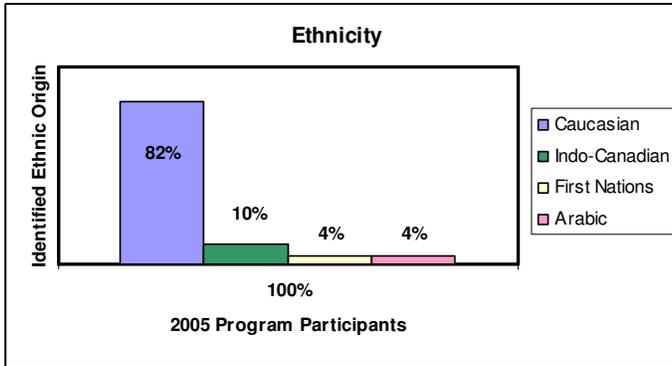
### AGE

**54% of clients who participated in the program were under 30 years of age; 28% were 30 to 40 years of age and 18% were over forty. Completion rates did not vary significantly in relation to age.**



## Cultural Demographics cont'd.

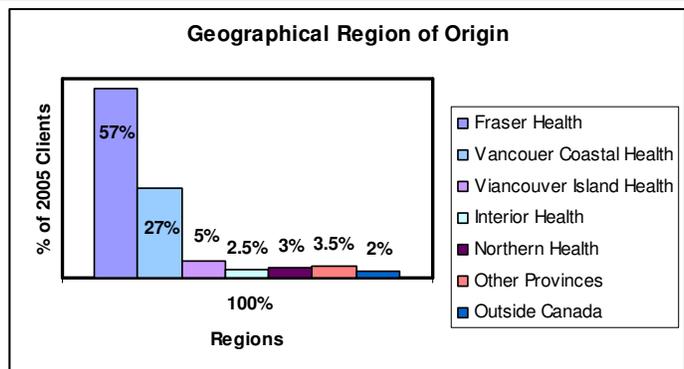
### Ethnicity



**The majority (80%) of our clients were Caucasian with increased numbers of participants identifying themselves as Indo-Canadian and Arabic.**

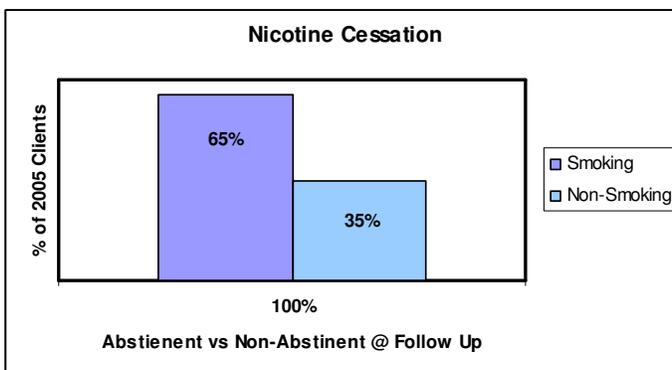
### REGION OF ORIGIN

**57% of clients were from our home Fraser Health Region showing improved service delivery to residents from the largest Health Region in B.C.**



### EFFECTIVENESS

#### Nicotine Cessation at Follow Up

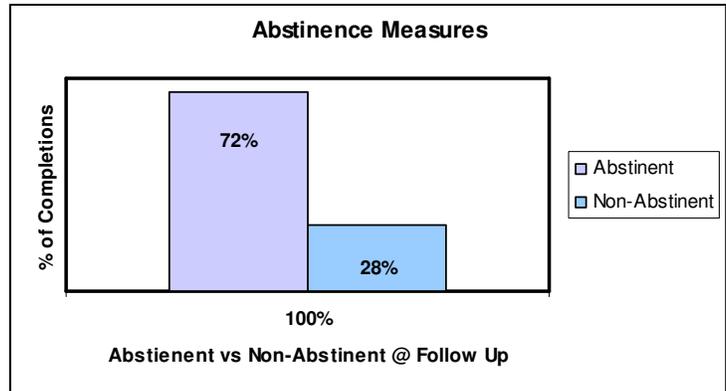


**65% of clients reported abstinence from nicotine at follow up. Last Door is a pioneer in the area of nicotine abstinence service delivery. We are in our 7th year of nicotine free programming. In 2005 ALL residential treatment programs in BC followed Last Door's lead and established non-smoking policies.**

## EFFECTIVENESS CONT'D.

**75% of clients reported abstinence from ALL alcohol and drugs at follow up. High levels of satisfaction with progress in terms of life area ratings were also noted.**

**Last Door's mandate in terms of optimal harm reduction is *complete freedom from drug dependence* hence abstinence is used as a measure.**



# LAST DOOR YOUTH PROGRAM

## STAFF

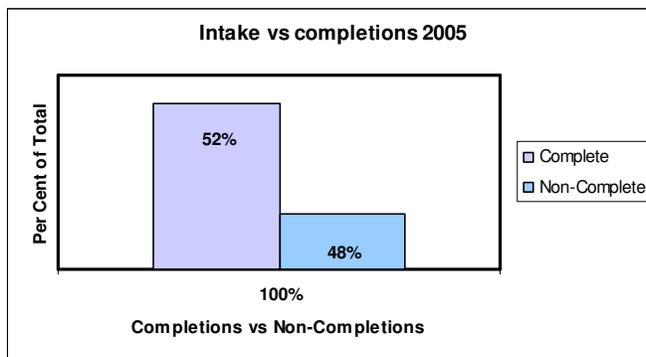
**Peter Beka, Jessica Cooksey and Frank Viscount collectively coordinate the program under the supervision of Program Manager, Louise Cooksey. Bonnie Gallagher, MSW provides clinical supervision.**

## UTILIZATION

**In 2005, there were 35 intakes to Last Door Youth Program. Two of these intakes had been in the program before.**

**52% of the intakes completed the program.**

**The average length of stay for those completing the program was 172 days.**



## OCCUPANCY

**Occupancy rate was 83%. One bed per day is purchased by Fraser Health Addictions on an annual basis; the remainder of the beds were utilized by MEIA &/or self pay clients.**

## EFFICIENCY

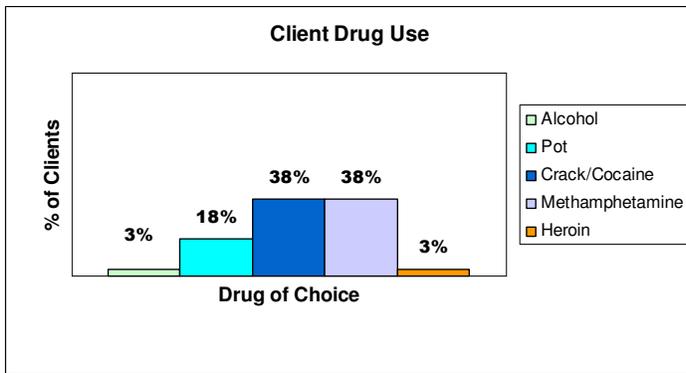
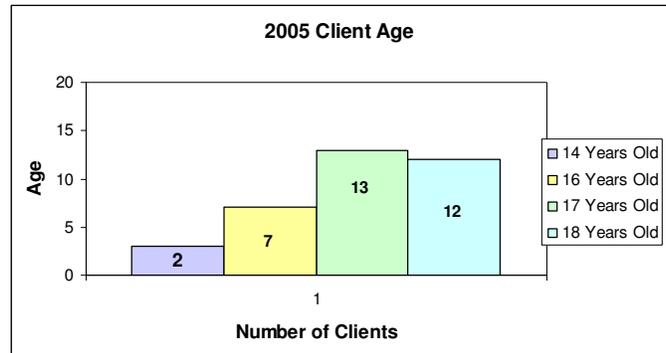


**Last Door Youth Program delivered services at a rate of \$131.00 per 2005 bed day. Cost pressures in core service areas is of concern and are defrayed through fundraising efforts.**

## CULTURAL DEMOGRAPHICS

The majority (71%) of youth were 17 or 18 years old.

Our very young clients (14 years) all successfully completed the program.



100% of clients were poly drug users.

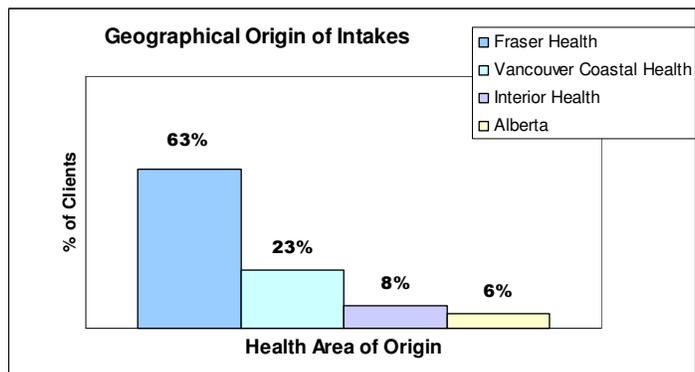
Primary "drugs of choice" were Methamphetamine and Crack Cocaine.

The average age of onset was 15.

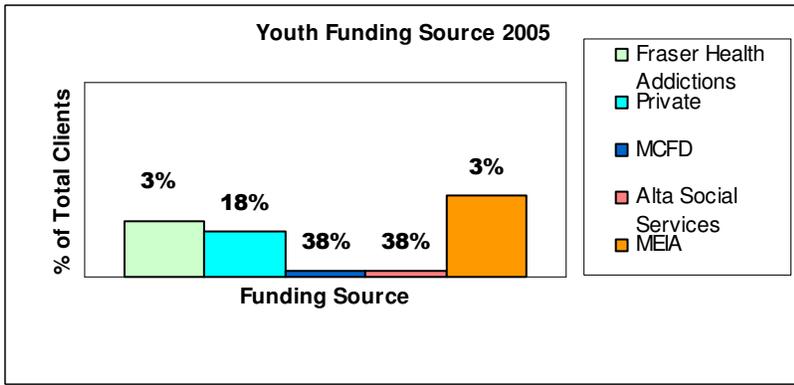
## REFERRAL SOURCES

The majority (63%) of clients are Fraser Health residents.

Home cities of clients were in the following order - Surrey, Abbotsford, Coquitlam and Vancouver/West Vancouver.



## FUNDING SOURCES

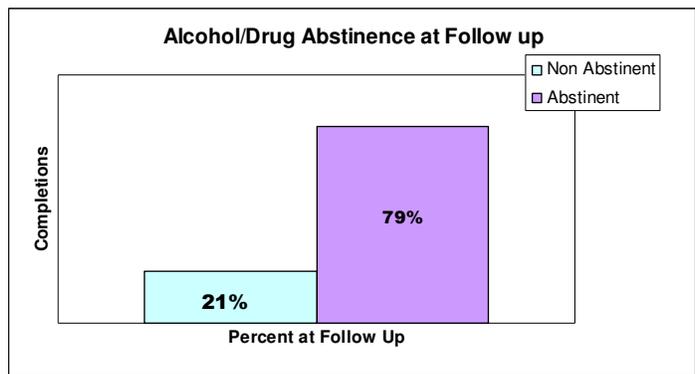


**The majority of clients had access to MEIA files.  
The bed purchased by Fraser Health represented 365 bed days.**

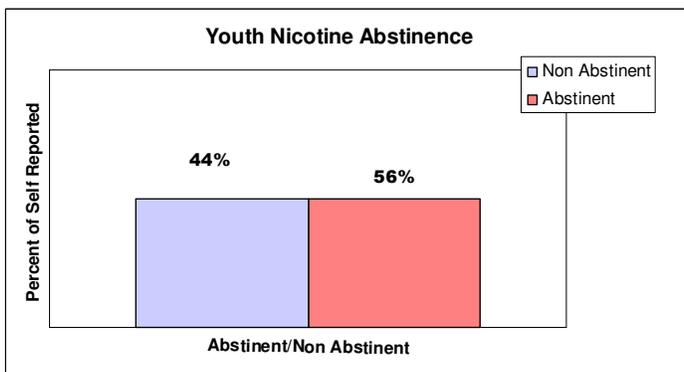
## EFFECTIVENESS

### DRUGS AND ALCOHOL

**79% of those completing the Last Door Youth Program reported having maintained abstinence from all drugs at follow up.**



### NICOTINE



**44% of total respondents reported abstinence from nicotine at follow up.**

**Although nicotine relapse do occur during treatment they are relatively few and are treated as learning experiences.**

## EFFECTIVENESS CONT'D.

### LIFE AREA SCALE

#### Life Areas Rating Summary Intake vs Six Month Follow Up

Life Area	% of Respondents
Improved Emotional/Mental Health	87%
Improved Employment/Educational	85%
Improved Physical	93%
Improved Family Relationships	100%
Improved Criminal Justice Involvement	95%
Improved Social Support System	90%
Improved Leisure Activities	80%
Improved Self-Esteem	96%
Improved Housing Conditions	100%
Improved Alcohol and Drug Use	100%

Level of Satisfaction with Progress	Excellent=82%	Good=18%
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**Follow up surveys are conducted at three and six months post-discharge.**

### **SATISFACTION AND OUTCOME RESPONSES COMBINED (39) ADULT AND YOUTH PROGRAMS**

#### **Client Outcome and Satisfaction Surveys revealed**

**100% of respondents noted that the staff met their requirements.**  
**100% of respondents noted that the length of program was satisfactory.**  
**100% of respondents noted that they would encourage others to participate in the program.**

## **Feedback**

### **WHAT OUR CLIENTS ARE SAYING .....**

**“Thanks for giving me the opportunity to put my life back together.”**

**“My Dad passed away suddenly on Saturday night.....I would never have got to spend the last three and a half years with him without you and my friends and the help you all gave me ...he passed away with pride for me and my new life...”**

**“Through the magic of recovery ...thanks to you and the guys at the House, I once again am sailing in paradise. We just left “Bora Bora” and are now in Raiatea making final preparations for the trip....”**

**“Happy to say I’m over a year clean. Life is good – got more than I ever thought possible.”**

**“The laughter I experienced at the Last Door is the hardest, longest I ever enjoyed in my life and I believe that this laughter is a spiritual principle, perhaps stronger than any, as it can be shared by all”**

**“You have helped me become a different person and gave me my heart back....you gave me suggestions that helped me challenge my fears. You helped me get a positive perspective on life, today I know my dreams and goals are achievable.”**

### **WHAT OUR FAMILIES ARE SAYING .....**

**“Thank all of you so much for the perseverance and support you have given my son through thick and thin. Somehow a small weight is being lifted off my shoulders onto yours.”**

**“Drinking, drugs, swearing.....all these things had been J’s life.....those who watched the miracle (of recovery) unfold were touched and amazed.....”**

**“Now I feel my son has a chance for a good and healthy life free from drugs, I still worry but it has been greatly reduced; he speaks of the help and support and love he has received..... for him, not being “alone” is key.”**

## **COMMUNITY NEEDS**

**The Last Door Recovery Society remains responsive to community needs and is highly regarded within our home community. Involvement in the community is maintained through staff participation on advisory committees, community forums, evaluation surveys and volunteer labor projects throughout the community. Most importantly, our “open door” policy encourages exchange with the community and helps to educate the community about recovery.**

**Information concerning program effectiveness and consumer satisfaction is collected and reviewed by management, staff and Board annually. This review forms a basis for policy and programming changes.**

**An annual *Community Satisfaction Survey* is circulated to the larger community and a Quarterly reporting mechanism designed by Fraser Health Mental Health & Addictions generates data that informs strategic and program planning. In 2005 a total of 38 surveys were returned.**

## **2006 GOALS**

- 1. Maintain and make improvements to our Family Programming.**
- 2. Reduce debt load.**
- 3. Seek methods for increasing ethnic diversity of client group.**
- 4. Explore the advantages of a Foundation.**
- 5. Increase staff component and training.**
- 6. Improve the website as a marketing tool.**
- 7. Complete Last Door video.**