

# OutFront

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## BHF Mission

To provide quality behavioural health services of a holistic nature to men, women, dependent children and youth, leading to personal and family wellness in areas of education, employment, health and family values.

The ongoing fulfillment of this mission will reduce the harm to individuals and family units that is caused by the misuse of substances, other addictive behaviours, and co-occurring mental health concerns.



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## Bruised Flowers

*Jonathan D. Hamel*

Spring has finally arrived and hints of summer are everywhere. Here and there flowers are beginning to poke their green heads up through the soft soil promising bright petals and fragrant offerings in days to come. Given the right conditions with plenty of sunshine, and even dark, rainy days, a flower has the potential to brighten any garden, attracting butterflies, bees and many of nature's other lovely creatures. All flowers start off with such a promise of better things; a new plant is a seedling of promise.

However, nature isn't always kind, or fair, to her many creatures. Sometimes a promise of beauty is broken, or jeopardized, by carelessness or harsh weather. A heavy rainfall, a pouncing animal, or a careless step suddenly has the potential to destroy all the promise of beauty and goodness. What began as a promise becomes questionable – its very existence hangs in the balance.

Flowers and people are similar in these aspects. Everyone begins life with potential, a promise of something wonderful and beautiful. There is a great promise of beauty in every person, but through some fell circumstance or storm of adversity the person, as the flower, becomes bruised. In a moment all the potential and beauty of the person is called into question; their existence and ability to reach their full potential is threatened. How should we respond? What can we do?

*continued next page »*

# a Note from the Executive Director

**Jean Doucha**



Greetings on behalf of the residents, staff and Board of Directors of the Behavioural Health Foundation! We are well into our first quarter of the 2009 fiscal year and we are looking forward to another great year filled with opportunity and promise. As with every opportunity we will face challenges and, as it often is, with challenge comes reward.

Since the start of this fiscal year, BHF has hired 12 new staff. We are excited to welcome aboard these new faces and look forward to the valuable contribution they will make.

During the month of April, BHF received a 3-year international accreditation of its programs and services. This CARF accreditation assures persons seeking services that BHF meets internationally accepted standards in client care.

In early May, we experienced a situation that could have been devastating, but, thankfully, it was not. We had an electrical fire in the basement of the Female Youth Services building that caused extensive damage to the lounge area and smoke damage to other parts of the building. We are happy to report that no one was injured and that the residents and staff handled themselves well in evacuating the building. For about three weeks the residents and the programs were relocated to the Lemay Building. Clean up and repair work is ongoing in the basement of the FYS building and the residents have moved back into their living quarters.

May of this year also saw the redevelopment of the BHF website and logo. Fay Jia, a student of Winnipeg Technical College, completed her internship with BHF by completing a redesign of the current website. The new look incorporates a more clean approach and intuitive interface to finding information on BHF, its programs and services. Our revised logo was also created by a student of Winnipeg Technical College, Luke Idziak. The logo has been updated to include two people holding a medicine wheel encompassing a community of people represented in the centre. We believe this better represents our philosophy of building a therapeutic community where members interact in structured and unstructured ways to influence attitudes, perceptions, and behaviours associated with addictions. Thanks and appreciation to Fay, Luke, and their instructor, Val Huffman, for their great work.

BHF is also pleased to announce the hiring of a new Communications Advisor, Jonathan Hamel. He brings significant experience in public relations, marketing and government advisory. Jonathan will oversee the organizational communications plan and strategies which include the website, OutFront newsletter, advertising, marketing, and community and media relations. He is also tasked with advising senior management on its internal security response plan, risk management and maintaining CARF accreditation standards. Jonathan takes over an expanded communications portfolio after the retirement of Brian Koshul. We thank Brian for his valuable contribution over the past 5 years and look forward to working with Jonathan in the years to come.

We are excited about what is happening at BHF and the direction we are heading. We invite you to visit our revised website to learn more about what we are doing and how you, or someone you know, can make use of the programs and services we offer. ☺

## Bruised Flowers

*continued from page 1*

In the flower's case, a Gardener has the ability and skill to support that which is bruised and broken. A skilled gardener will provide the necessary support and tools to enable the flower to become strengthened and restored to the potential and promise it started with. Many broken and bruised flowers, after receiving necessary support and help, have grown into the full potential of its beauty, releasing its beautiful fragrance and bringing brightness to an otherwise dull garden.

It is the same for people. With the right supports and tools, a person can be restored and given a firm foundation on which to build upon so they may reach their potential and become the beautiful person they were created to be. At the Behavioural Health Foundation we provide long term residential programming for men, women, teens and family units experiencing a variety of challenges in life. Our programs are designed to offer graduated opportunities for equipping a person with the vocational, intellectual and communicative skills necessary for successful reintegration into society – giving the necessary tools for a firm foundation on which to develop their potential and bringing beauty in restoration.

We invite you to take some time to learn about the programs and services we use to reach out and support those facing the challenges of addiction and the consequences of decisions they have made. We also invite you to be a part of this process of restoration and healing through your support and advocacy. For more information regarding our programs, services and philosophy, please visit BHF online at [www.bhf.ca](http://www.bhf.ca) or call us at (204) 269-3430. ☺



## BHF Receives 3-year International Accreditation

*CARF accredits 6 programs and services*

In April, BHF was again awarded a 3-year international accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). BHF first received international accreditation through CARF in 1993. At that time, BHF was the first residential treatment centre in Canada to receive this accreditation.

CARF accreditation assures persons seeking services that BHF meets internationally accepted standards in client care through providing programs and services that take into account the holistic nature of the person seeking help, addressing their specific and unique needs for treatment and support. The accreditation standard also demonstrates to the supporters and stakeholders of BHF that it consistently exercises management techniques that assure efficiency, accountability, cost-effectiveness and successful outcomes of its programs and services.

“We are pleased to have, again, received this international 3-year accreditation from CARF,” states Jean Doucha, BHF Executive Director. “Our devoted staff and supportive Board of Directors continue to enable us to successfully meet the needs of our clients while assuring supporters our commitment to successful, and quality, long term care for those in our communities requiring assistance in overcoming their addictions and co-occurring mental health issues.”

To earn the 3-year accreditation, BHF was required to submit to a survey of its conformance to all applicable standards on site through the observation of services, interviews with persons served and other stakeholders, and a review of all documentation pertaining to the management and execution of its services. After the survey, CARF reviews the findings of the survey team and hands down an accreditation decision ranging from:


- Three-Year Accreditation

- One-Year Accreditation
- Provisional Accreditation
- Non accreditation

In providing a 3-year accreditation to BHF, CARF stated that the positive attitude demonstrated by the management and staff members instills confidence and the organization is to be commended for its efforts to provide quality services to its residents.

The Behavioural Health Foundation has been accredited by CARF for the following programs and services:

- Community Housing: Integrated: Alcohol and Other Drugs/ Mental Health (Adults)
- Residential Treatment: Integrated: Alcohol and Other Drugs/ Mental Health (Adults)
- Residential Treatment: Integrated: Alcohol and Other Drugs/ Mental Health (Children and Adolescents)
- Therapeutic Communities: Integrated: Alcohol and Other Drugs/ Mental Health (Adults)
- Therapeutic Communities: Integrated: Alcohol and Other Drugs/ Mental Health (Children and Adolescents)
- Employment Services: Employee Development Services

For more information regarding CARF and its accreditation standards, please visit <http://www.carf.org>. 



visit us online at [www.bhf.ca](http://www.bhf.ca)

## 2009 Learner Speaker's Bureau Training

*BHF Students Among 14 Selected*



This year two students of the St. Norbert Adult Education Centre (SNAEC), Meta Nana and Charmaine, were selected to participate in training provided by the Learner Speakers' Bureau, a program of the Literacy Partners of Manitoba. The Learner Speakers' Bureau is a group of adult learners, trained as public speakers, who go out into the community to tell their stories about the importance of literacy in their lives.

Every year, the Learner Outreach Coordinator conducts a training session for adult learners who wish to improve their public speaking skills. Graduates from LPM's public speaking training may choose to join the Speakers' Bureau. This year 14 participants were selected from 9 different literacy programs to take part in the training that was offered during the month of April.

## Graduation 2009

*38 Students Graduate from BHF's Adult Education Centre*



**Since 2002, SNAEC has graduated over 320 students!**

"The staff of the St. Norbert Adult Education Centre were delighted at the fact that both Charmaine and Meta Nana had been selected to participate in the Learners Speakers Bureau," said Kelli Buzahora-Badejo, Program Coordinator / Student Advisor for SNAEC.

During the four days of training, students learned how to write a speech, and spent time studying the characteristics of a good speech presentation, which included voice training. On the final day of their training, students presented their prepared speeches to a room full of friends, family, teachers and special guests.

When asked what their most rewarding and challenging aspects of the training were, Meta Nana answered, "it was making a summary of my schooling. This forced me to talk about my life and that was challenging for me." Charmaine replied, "It was reading my speech to a room full of strangers. When I was able to read it with confidence, that was most rewarding."

"We are impressed by the effort and courage they put forth in preparing and sharing their personal stories as adult learners. All of us are very proud of what they have accomplished and the determination they have shown towards setting and reaching educational goals," stated Ms. Buzahora-Badejo. ⊕

### **Learner Speakers' Bureau:**

[www.mb.literacy.ca/whatwedo/learnerspeakers.htm](http://www.mb.literacy.ca/whatwedo/learnerspeakers.htm)

### **St. Norbert Adult Education Centre:**

[www.bhf.ca/adult\\_education/index.html](http://www.bhf.ca/adult_education/index.html)

On June 25 at 7:30 pm the St. Norbert Adult Education Centre (SNAEC) had the honor of graduating 38 students. This was the 11th graduating class of SNAEC. Since 2002, SNAEC has graduated over 320 students.

Ceremonies for the Graduation took place at the St. Norbert Community Club. This year, the MC for the graduation ceremony was Kevin Nikkel, our Grade 12 English teacher. After remarks from Tony Rodrigues, Director of Education, students were presented with their diplomas. This year's class Valedictorian was Anita Sanderson. The special guest speaker was Christy Nichols, 2008 SNAEC Graduate who recently graduated from Red River College with a certificate in Applied Counselling.

After the speeches and ceremonies were concluded, students and guests were hosted at a reception to celebrate and honor the graduates. Some of this year's graduates are planning on attending other post-secondary institutes in the fall to continue their studies.

We extend congratulations to all our graduates and wish them well in their future endeavours. ⊕

# Rebecca Gole

*St. Norbert Student Supports BHF Through Book Donation*

*By Tony Rodrigues, Director of Education*

Often today's youth are maligned about their perceived lack of respect, work ethic and passion. I would like to discredit this fallacy by telling you about a Grade 12 student at St. Norbert Collegiate who is demonstrating altruism in its highest form. Rebecca Gole first began volunteering at a very early age. Today, she regularly volunteers at the local library during the summer and with various projects through her involvement in her church community. Rebecca has also taught dance to young children.

Last year, Rebecca decided to kick it up a notch by coordinating a food drive for Winnipeg Harvest and a toy drive for Christmas Cheer Board. Not only did she coordinate these initiatives she also got her peers involved with help from students of St. Norbert Immersion and St. Norbert Collegiate. This year, she initiated a project for children in her community. Rebecca spearheaded a book drive for the children at Behavioural Health Foundation (BHF) Early Years Classroom. Through her efforts, approximately 200 children's books such as *Little Critter*, *Pooh Bear*, *Bernstein Bears* and books by renowned author, Robert Munsch, were donated to the children's classroom library.

When I asked her teachers to describe Rebecca, their choice of words included: caring, honourable, passionate, intelligent and humble. One of the teachers went on to say, "Knowing someone like Rebecca restores one's hope and optimism for youth today." When I asked Rebecca to identify her passions, she paused and said, "I love working with kids. I love to learn and I'm passionate about caring for people and the environment."

Rebecca's positive attitude and caring spirit is securing her a bright and promising future. She has already received the **Leaders of Tomorrow** and the **Chancellor Scholarship** from the University of Manitoba. Rebecca plans on completing an under graduate degree in engineering and a post graduate degree in biomedical engineering



or medicine. Rebecca is debunking the myth that our youth lack respect, work ethic and passion. There is no doubt in my mind that she will make a difference in whatever field of study she chooses.

On behalf of the students, staff and parents of BHF Early Years Classroom, I would like to express my sincere gratitude to Rebecca and her fellow students for the generous donation of children's books. Meegwetch, Rebecca. ☺

## New Faces at BHF

*BHF Hires 12 New Employees*

There are a few new faces around the offices of BHF. Since April, 12 new full and part time employees have joined our dedicated staff.

1. Kelly Hiebert - Early Year's Classroom
2. Helen Prest - Administration
3. Bhanu Patel - Day care
4. Rick Sylvester - Male Youth Services
5. Katelyn Green - Female Youth Services
6. Julia Johnston - Male Youth Services
7. Zane Kuipers - Male Youth Services
8. Jonathan Hamel - Administration
9. Tara Arseny - Day care
10. Karalee Koop - Female Youth Services
11. Becky Lambert - Female Youth Services
12. Sandy Sarchuk - Male Youth Services

We are pleased to fill our vacancies with these new employees who we are confident will bring excitement, experience and expertise that is valuable to the mission of BHF. ☺

## You Can Support BHF Too!

*Opportunities for Involvement*

At BHF we welcome support from friends like you. We appreciate donations and financial support to the following initiatives:

- Children's Christmas Fund;
- Elevator Fund;
- Weir Scholarship Fund;
- General Fund

As a registered non-profit organization, BHF also appreciates and receipts donations of clothing and household items. To learn more about how you can support BHF, visit us online at [www.bhf.ca/support.html](http://www.bhf.ca/support.html) or call us at (204) 269-3430.





## BHF Daycare

Sometimes we easily forget just how good something is until we lose it or are reminded of it. Thankfully we have not lost anything! However, just this May we were reminded just how unique our day care facility is and how wonderful it is to have this choice to present to parents with children, or those expecting children. As part of the 2009 Early Childhood Education Conference held jointly by the Manitoba Childcare Association and the National Childcare Federation, BHF's day care facility was selected as 1 of 6 facilities to tour.

"Our day care centre was selected due to its unique aspect and placement in our programming at BHF," explained Sheila Bogoch, Director of Support Services. "At BHF we offer parents, and pregnant women, the opportunity to participate in our residential programming and have their children taken care of during the day by a fully licensed and dedicated day care facility."

Sheila furthered explained, "Given that the day care is on site at our St. Norbert facility where our Family Services programming takes place, staff and parents are able to work closely together in establishing practices that help ensure a healthy family unit. We strive to provide a safe, predictable environment with lots of love, respect and empathy for both children and parents."

***We strive to provide a safe, predictable environment with lots of love, respect and empathy for both children and parents.***

On Thursday, May 28th, twenty conference delegates participated in a tour of the Day care facility. After the tour, delegates listened to a presentation about the BHF day care program and were given a chance to comment and ask questions. Delegates were very impressed with our day care and commented upon things such as the hominess of the facilities and the positive messages about family and culture portrayed in the selection of books, toys, art, and decorations. It was also noted that BHF is a leader in recognizing that separation from children is a major barrier to treatment for women, and that we were the first residential treatment program to provide licensed on site child care - having 4 ECE III's and a better child/staff ratio than required by Provincial regulations.

During the week May 25th – 29th a consumer response survey was also conducted for the day care parents. The greater majority of parents responded that they were very satisfied with the day care program. There were a few suggestions made by parents that BHF is preparing to adopt as recommendations for improvements.

We are pleased to have these wonderful reminders about how our day care facility and our efforts are working to meet the needs of our clients. We also gratefully acknowledge the support and dedication of our day care staff. Keep up the great work! For more information about our day care, please contact Sheila Bogoch, Director of Support Services, at (204) 269-3430. ☎

# Christy Nichols

*A Story of Change and Success*



In the August 2008 issue of *OutFront* we told you about Christy's success in overcoming cocaine addiction and how she graduated from the St. Norbert Adult Education Centre with a high school diploma. We would like to applaud Christy's continued growth and development. In April she earned her certificate in Applied Counselling (Honours) at Red River College. Her hard work and dedication is already beginning to bring her rewards. This spring Christy was hired by BHF in the Keyworker Training Program. She is now employed helping others who are faced with the challenges of substance abuse and addiction.

"We are very pleased to have Christy onboard at BHF", states Gerry Verrier, Director of Men's, Women's and Family Treatment Services. "She is a valuable addition and a great example how those challenged by addictions can overcome and become a positive force in our communities."

Christy was also the guest speaker at the 2009 Graduation ceremonies of the St. Norbert Adult Education Centre at BHF. We wish Christy all the best as she settles into her new career at BHF. ☺

## Golden Moments

*Positive News and Points of Interest*

Let's begin by celebrating the five infants who were born at BHF this year, lovely little babies who will have a better start in life because their moms made a commitment to come into treatment. Congratulations to all the new parents!



Many thanks to Bloomers Greenhouse for their beautiful flower donation for our flower beds. This is the second year that Bloomers has donated flowers for the BHF flower beds. Flowers were also sold as a fund-raiser for our Children's Christmas fund. This year we raised over \$400. Many thanks to Dave and Jessica Audette from Bloomers Greenhouse, and to all of you who purchased flowers, for your support.

Bloomers Greenhouse is located in Lorette, MB. They can be contacted to help with all your flower needs at (204) 878-9216. They can also be found online at:

<http://www.bloomersgreenhouse.ca>.



Residents in both the adult and youth programs are in the process of completing

a biannual consumer response survey. BHF staff always look forward to this process as it allows a sharing of ideas between staff and residents intended to improve treatment services.



This spring the Early Years Classroom, with teacher Patti Solmundson, raised Painted

Lady (*vanessa cardui*) butterflies from the pupae stage. After the butterflies emerged, the students went on an outing to the Assiniboine Park Flower Garden where they released the butterflies into the wild. When released, the children were excited to see that the butterflies flew directly to the flowers in the garden. Read about the children's experience in their own words online at <http://www.bhf.ca/eyc.html> ☺





## Henry Shingoose Pow Wow

*15th Anniversary Gathering - June 6th and 7th*

This year, there were more than 400 dancers and 33 drum groups who participated over the two days of the Pow Wow. Attendance for the 15th annual Henry Shingoose Pow Wow was excellent with the campgrounds full for people staying on site.

“We are pleased with the turn out and enthusiasm of this years participants,” reports Mike Calder, Director of Aboriginal Programming. “After many weeks of preparation, we held a great Pow Wow and are happy to report that everyone had a great time. Many thanks to the dancers, singers and drum groups for their wonderful performances.”

The Pow Wow started on Saturday, June 6th at 1:00 pm with the first grand entry. During the two days of celebrations, participants were treated to various dances, drumming and singing, as well as a traditional feast and the opportunity to purchase traditional arts and crafts, some of which were made by BHF members.

The first BHF Traditional Pow Wow was in held 1994 by Henry Shingoose – an Ojibway Medicine Man and BHF Elder. Around this time, Mr. Shingoose had identified a need for traditional Aboriginal programming to meet the needs of BHF’s Aboriginal population. Upon identifying this need, Mr. Shingoose began the development and implementation of the Aboriginal programming component of BHF. In 1999, the Pow Wow was renamed the Henry Shingoose Traditional Pow Wow in his honor. Mr. Shingoose passed away in November 2001.

Next year's Pow Wow will take place on Saturday, June 5th and Sunday, June 6th. For more information on the Henry Shingoose Pow Wow, please contact Mike Calder, Director of Aboriginal Programming at (204) 269-3430.⊕

## Annual General Meeting and Open House

*September 11, 2009 @ 2:00 pm*

This year, our Annual General Meeting and Open House will take place on Friday, September 11th at 2:00 pm at the BHF facility in St. Norbert. The AGM will be chaired by Ms. Jean Doucha, BHF Executive Director.

We are pleased to have Dr. Adrian Hynes as guest speaker. Dr. Hynes is the Director of Community Addiction Psychiatry at the University of Manitoba’s Faculty of Medicine. He is also the physician leader for the addictions program of the Faculty located at the Health Sciences Centre in Winnipeg.

BHF president, Ms. Amanda Sansregret, will be presenting an update to the activities undertaken by BHF during the last year as well as reporting on new and ongoing initiatives. We will also be formally celebrating our 3-year CARF Accreditation at the AGM. The BHF financial report will be presented by Mr. Brett Magnus of Magnus & Buffie, Chartered Accountants.

Other events taking place include performances by the BHF Drum Group, an Open House and tour of the St. Norbert facilities, and a Community Feast. These events will take place immediately following the conclusion of AGM business.

This year marks the 38th year of BHF service to the Manitoba community. The meeting is open to members of the public. Stakeholders and supporters are cordially invited to attend. For further information, please contact Jan Hiebert at (204) 269-3430. We hope to see you there!

### BHF Board of Directors

#### President

Amanda Sansregret

#### Members

Larry Allen	Susan Devine
Willie Ducharme	Charles Ferguson
Emilie Friel	Martin Gutnik
Jodi Ostapiw	Don Slough
Cecil Sveinson	Patti Umpherville
Lori Van Dongen	Mike Cook

### Upcoming BHF Events

We invite you to join us! For more information regarding either of these events, please visit us online at [www.bhf.ca/news](http://www.bhf.ca/news) or contact us at (204) 269-3430. We hope to see you soon!

#### *Selkirk Location @ 1147 Breezy Point Road:*

- Sundance and feast- July 6-10

#### *St. Norbert Location @ 35 ave de la Digue:*

- SNAEC New Student Fall Registration begins August 4.
- SNAEC Returning Student Fall Registration began June 8
- Annual General Meeting and Open House - September 11