

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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Photo Credit: Omar Franco

One of the biggest hits by *The Who* asks the question “Who are You?” In the popular crime investigative television series, *CSI – Crime Scene Investigators*, the producers have used this song as their theme music. The premise of the television show is acute observation and study of evidence by the CSI leads to the identification of cause of death, perpetrator and the circumstances surrounding the crime. The understanding and recognition of the evidence is seen to be imperative to the establishment of identity.

The same may be said for building personal identity. To understand yourself, you must begin with the evidence. When you understand and recognize your strengths, your temperament, your weaknesses and your skills, you are better equipped to build a solid identity that will withstand the scrutiny of others, society and, most importantly, yourself.

What are your strengths? What are your weaknesses? What tools do you possess to build on your strengths to overcome your weaknesses?

Tools can be found in your temperament, your relationships, your experiences and your training. To find these, you will need to take careful stock and consideration of all you have, all that you are and all that you are not. Discovery of some of these tools will come through meaningful relationships and discussion with those who care for you. Others will be formed in the fires of adversity and failure.

At the Behavioural Health Foundation, our mission states that our purpose is “to provide quality behavioural health services of a holistic nature.” Why? It is so we may help people

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^aNote from the Executive Director

When developing the theme for this issue, it was decided that we would focus a number of our articles on issues of identity and the importance of establishing a positive understanding of one's self. Our lead article suggests we take the time necessary to understand who we are. Our feature aboriginal piece speaks of the significance of the naming ceremony in aboriginal traditions. Throughout this issue we have looked at how the establishment of a positive identity can become a cornerstone on which to build a strong life focus.

What about the Behavioural Health Foundation? What is our identity?

To investigate an answer to this question, I began with a look at our Mission. Our mission states that we "provide quality behavioural health services of a holistic nature" so that we "will reduce the harm to individuals and family units that is caused by the misuse of substances." The holistic nature of the therapeutic community is an ideal environment in which to focus on the treatment of addictions.

From here, I took a look at our history for more clues regarding our corporate identity. As I read through our history, I came across information about our founder, David Berner. I had met David many years ago and decided I would look him up again to hear first hand from him about our history. When I contacted David, he was thrilled to hear from me. Over a few emails and a couple of telephone conversations I learned much about our humble beginnings and how we evolved into an internationally accredited therapeutic community in addictions and co-occurring mental health treatment.

In my brief exploration of our identity, I reconfirmed my understanding that we are a world class residential addictions treatment facility based on a therapeutic community model. In our short history of just 38 years we have earned international recognition and accreditation, being the first residential treatment program in Canada to earn such a distinction. Our aboriginal programming components are also highly regarded by our members and government agencies alike. In fact, just recently we received funding of \$20,000 from the First Nations Inuit Health Branch of Health Canada for continued support of our cultural programming.

However, I find myself asking this question: Are we doing a good job at communicating with you who we are today?

To assist us in understanding how we are doing in this area, we have developed a short survey as a method by which you may communicate with us. A copy of this survey is included with this newsletter. If you prefer, you may also fill out the online version of this survey at www.bhf.ca/survey.html. I invite you to take the time to either pencil your thoughts on the enclosed survey and mail back to us, or fill out your thoughts online.

As always, you are welcome to email or call me anytime. I may be reached by email at jeand@bhf.ca or by telephone at (204) 269-3430. Thank you for your continued interest, investment and support. ☒



Behavioural Health Foundation Founder, David Berner, and Executive Director, Jean Doucha.

The Sundance Kid

an interview with a special young man



From July 6-10 the Behavioural Health Foundation hosted an annual Sundance on its traditional grounds north of Selkirk, MB. This year two adolescent males completed the Sundance. It was the first time in BHF history that a youth completed the Sundance. OutFront caught up with one of the two young men, Albino, to talk about his experience.

OutFront: Congratulations, Albino, on completing the Sundance. Can you tell me how you became interested in participating?

Albino: A few years ago my brother had participated in the Sundance. Seeing him perform the ceremonies, I decided I would like to follow him and participate as well. Every person dances for a reason. I danced for my Mom.

I have learned that if I can go without things I need for a short time, I can find the will to go without the things I don't need. I realize that I can do whatever I want when I put my mind to it.

OutFront: Can you tell me a little about what you did at the Sundance?

Albino: Each morning we attended a sweat at 6:30 am where we listened to teachings by Elder Joe John. We sang four songs with the drums and rattle. After this we prepared for our dancing that would take place from 9:30 am until 2 pm. We would then take a break and dance again from 5 pm until 9 pm.

I also took part in the piercing ceremony where I was attached to the tree of life in the centre of the Sundance circle. That was an emotional experience for me as my Mom was there

behind me, watching. When you are attached to the tree, the tree takes all your bad thoughts and you receive good thoughts from the Creator. After concentrating on the tree for awhile, you break free from it leaving the bad behind.

OutFront: Did you eat during the Sundance?

Albino: No. During the Sundance you fast. It is a sacrifice you make of yourself as you dance and pray for your loved ones, asking the Creator for help. However, on the third day we were given a root called weecay. It was very bad tasting, but it did bring the saliva to your mouth.

OutFront: What did you find the most difficult about your experience?

Albino: I struggled with the temptation to quit. Some of my friends who started the Sundance quit and that was hard to see. They gave up and returned to the warmth and shelter of the building. Knowing that they were eating and drinking in comfort was difficult to endure. At those times I remembered why I was doing this and resisted the temptation to quit. It was amazing to be able to do that.

OutFront: What will you take away from this experience?

Albino: I have learned that if I can go without things I need for a short time, I can find the will to go without the things I don't need. I realize that I can do whatever I want when I put my mind to it.

OutFront: Thank you, Albino, for sharing your experience with us. Best wishes for the future.

For more information about our Aboriginal Cultural Activities, please contact Mike Calder (Stone Bear), our Director of Aboriginal Programming at (204) 269-3430. ☒



Thanks for the Memories

An Inspiring Evening with BHF Founder, David Berner

Over 40 years ago, at the age of 24, David was offered an opportunity to make a difference. He did. In 1967 David founded the X-Kalay Foundation Society in Vancouver, BC. During the first years, it struggled with issues of identity, finances and membership. However, by 1971 it had developed into a strong residential addictions treatment program with over 50 members occupying a tudor-style mansion running successful enterprises such as a Shell gas station, a beauty salon and a pizza restaurant. These business ventures permitted X-Kalay to be self sufficient with an ability to determine its own direction and fate.

In 1971, David decided to expand the program into Winnipeg, MB. With just \$500.00 in cash he sent five members out to start a new extension with instructions that it must be operational in just two weeks. He told them that he would be visiting them at that time to see how things were moving forward. To make a long story short, those five members, under David's direction, successfully launched the program that would become the Behavioural Health Foundation of today.

As David shared stories from his time as Executive Director of X-Kalay, the audience was enraptured, becoming a part of the history as it was made alive. We felt the stinging defeat of failure and the exhilaration of life changing success as the lives of past members were recounted. Many wiped away tears of gratitude, relief and hope as they identified with the thoughts, experiences and stories of many people just like them. Once the speech was concluded members of the audience gave him a standing ovation. Many also took the opportunity to speak with David, expressing their own personal appreciation and gratitude for his contribution to what the BHF is today.

It was an inspiring evening. Thanks, David, for the memories. ☒

David's business card simply describes him as a 'Human Being.' Such a description fails to convey adequately the type of man he is. David stands just over six feet tall, displaying a ready smile and is full of warm energy and easy confidence. It is difficult to be indifferent to his presence.

On Friday, August 28th, residents, staff and community members were entertained, warmed and challenged as David spoke about his experiences in addictions treatment and how the Behavioural Health Foundation came to be.

Who are You?

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discover and learn tools that will aid them on their journey to personal and family wellness. We believe that this "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 issues."

While staying at the BHF, residents are given opportunities and training to help them make positive choices regarding budgeting of personal finances, overcoming addictive patterns and behaviours, building strong and beneficial relationships, and the importance of personal responsibility. Opportunities for our members are graduated – building on lessons learned and strengths forged through conscientious work, training and

the application of positive life skills. Here we provide a strong foundation for our members to start over, laying a cornerstone on which to build a successful life and experience.

In facing the challenges that life brings, we exercise responsibility in identifying who we are and making use of the strengths and tools available to us. Only as we do this can we begin to make a success of our life journey. It is important for us, also, to realize that setbacks and failures do not identify us. They can, however, define us by the way we address and overcome them.

So tell me, who are you? 'Cause I really wanna know. ☒



SUPPORTING MOM AND BABY

written by Sheila Bogoch

Mahatma Gandhi, a man whose life was a celebration of human potential, said, “If we are to teach peace in this world and if we are to carry on a real war against war, we shall have to begin with the children”. If we are to battle effectively against generational cycles of substance abuse and pain, we need to think about the children too. As fMRIs (functional magnetic resonance imaging) and other medical technology expand our understanding of Fetal Alcohol Spectrum Disorder, we know that beginning with the children means beginning in earliest pregnancy.

No safe time, no safe amount of alcohol during pregnancy. The message is repeated everywhere. So why do pregnant women continue to drink or use other drugs? Some just don’t believe the risk is very high. Some women are afraid or ashamed to admit that they have a substance abuse problem. Some don’t believe they are capable of change. All too often, friends or partners pressure them to continue their old lifestyle. Many pregnant women simply don’t know any safe and sober place to go. In responding to this need, the Behavioural Health Foundation offers an empowering option for pregnant women, whether they are actively using or at risk of doing so. In a community free of drugs and violence, where each day means learning from and helping one another, many women find the strength to do what seemed impossible – take care of themselves and give their baby the best possible start in life.

Because every day of a pregnancy represents an important developmental moment, pregnant women are given priority of placement and encouraged to stay until the baby is born and beyond. Individualized Treatment Plans include attention to a healthy pregnancy and planning for the needs of the baby and any older siblings. Before and after the baby’s birth, women are supported by the Parenting Facilitator, the Registered Nurse, the infant day-care, and the friendship and practical help of peers. Each pregnant woman is also, of course, a unique individual and treatment plans include her own needs and hopes, her health, education, relationship issues, and whatever else is central for her.

Treatment at BHF is always voluntary, and each individual chooses whether to stay or leave at any point, including any point during pregnancy. Women who choose to leave may continue with outreach, or accept a referral to other supports. In some cases, women leave while pregnant but re-enter when they encounter difficulty remaining safe and sober. We all hope to see women stay substance free throughout each pregnancy, but we know that when this is not the case, reduced use and improved maternal health may help to reduce harm. BHF remains committed to helping women understand and implement healthier choices, for the baby’s sake and their own. ☒

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Weir Scholarship

Providing Members with Tuition Support

The Weir Scholarship Fund was established in March 2005 in recognition of the retirement of Geri and Lorne Weir from the Behavioural Health Foundation after 33 years of tireless dedication. Without the hard work and selfless giving of Geri and Lorne, the Behavioural Health Foundation would not exist today. Geri and Lorne Weir inspired countless others in their relentless dedication to making the world a better place, one person at a time. They are models of how to work hard for what one wants in life, to never give up, and work through every problem one encounters instead of running away or taking the easy way out. Geri and Lorne never took the easy way out.

Eligibility

Each year, the recipient will be a resident or ex-resident of the Behavioural Health Foundation, in good standing. The recipient must be in full time studies and have attended school full time for at least six months within the last year. Criteria for selection will include academic standing and financial need. Deadlines for applications are July 1st of each year. Recipients are named by September 30.

Making a Donation

If you would like to make a donation to this scholarship, or any of our other initiatives, please contact Rae Gagnon in our Finance department at (204) 269-3430. Please visit www.bhf.ca/support.html for more information about ways in which you can help support the ongoing mission of the Behavioural Health Foundation. Thank you. ☒

Golden Moments

Positive News and Points of Interest

Joanna White was recently awarded her Diploma in Drug and Alcohol Counselling. She is now working on receiving international certification as an Alcohol and Drug Counsellor with the Canadian Addiction Counsellors Certification Federation. Joanna is also completing her practicum in Reflexology with the Reflexology Association of Canada. Congratulations, Joanna on these achievements.



Christy Nichols graduated from the Keyworker-in-Training program at the Behavioural Health Foundation. She has earned her own case load and began full time work as a Keyworker in July. Congratulations, Christy.



We would like to congratulate the following employees for attaining long term commitment and service recognition with BHF this year:

5 years of service: Cathy Doyle, Garry Weir, Kathryn Kubin and Joanna White;



10 years of service: Thomas Mah, Phoebe Thomas and Kate Cormack;

15 years of service: Rachel Rand and Danny Calder;

20 years of service: Sheila Bogoch and Kathy Kaye.



Congratulations to Leslie Neilsen and Brenda Vanasse on the development, completion and copyrighting of the Substance Use Awareness materials they developed for sessions in the Youth Services programs at BHF. ☒

Sharing our Successes

Behavioural Health Foundation K-12 School hosts Program Agreements for Student Support (PASS) Information Sharing Event

Stock Photo Courtesy Microsoft Design Gallery Live



Friday, September 25th, BHF K-12 School played host to the Program Agreements for Student Support (PASS) Information Sharing Event. The event was sponsored by the Program and Student Services Branch, Manitoba Education, Citizenship and Youth. The purpose of the event is to provide a format for Provincial educational programs associated with a treatment facility to share information with their colleagues and collaterals about the programming they provide and effective practice with their students.

The event opened with introductions and greetings by Tony Rodrigues, Director of Education at BHF and Joanna Blais, Director of Program and Student Services Branch, Manitoba Education, Citizenship and Youth. Presentations around topics such as "Success for All Learners - Adaptations and Modifying Courses" and "The Youth Justice Educational Intake Initiative" provided interesting and lively discussion amongst the participants. A demonstration of Smart Board technologies and its application with at-risk students was provided by BHF K-12 teaching staff, Paige Loepky and Rory McIntyre.

After the morning sessions, participants were taken on a tour of the BHF facilities and provided with lunch in the BHF cafeteria. When lunch was finished, a pipe ceremony was conducted with singing provided by the Brown Bear Drum group.

Further information sessions and group discussions continued again during the afternoon. The PASS event concluded at about 3:30 pm with many participants expressing satisfaction with the day's activities. The Behavioural Health Foundation is honoured to host the event. Mr. Rodrigues said, "We are very pleased to have hosted this event. It was great day spent with other PASS agencies, building rapport and making valuable connections. The lessons learned will enable us to build on our common resources and approaches to intervention, treatment and education."

For more information about BHF educational programs, please visit www.bhf.ca/adult_education/index.html or contact Tony Rodrigues at (204) 269-3430. ☒

New Faces of BHF

There are a few new faces around the offices of BHF. Since June 1, 2009, the following people have joined our dedicated staff. These people fill vacancies left by others who have retired or moved on to other things in their careers.

1. Colleen Rana - Early Year's Classroom
2. Rafael Leal - Men's, Women's and Family Program
3. Deidre Prest - Day care
4. Shane Black - Male Youth Services
5. Rae Gagnon - Administration
6. Asha-Celen Willis - Female Youth Services
7. Peter Harrison - Men's, Women's and Family Program





Aboriginal Naming Ceremony

a lesson with Stone Bear

Photo Credit: Mircea Preda Struteanu

Understanding who we are is important to each of us. In Native American culture a name is not only a means of identifying ourselves to others, it is a spiritual identification that reveals our true self.

OutFront spoke with Ojibwa Traditional Advisor, Stone Bear, to gain insight into the significance of the Naming Ceremony.

According to Ojibwa teaching and tradition, everything in Creation has a spirit name and a color. The trees, animals, plants, fish and people all have spirit names that were given to them by the Great Spirit at the time of creation. Elders and Healers say that when your spirit comes to this world, your name and colors follow you to the spirit door. It is said that our spirit name is the name we had before we came to this world – it is our true identity and how we are known by the spirit world.

Colors are as important as your name. It is said that your colors should come with your name. They represent your power; you receive guidance from them and they help give you focus in your life journey.

During a naming ceremony, an individual is given a spirit name and color. The ceremony may take place at a sweat lodge, a Pow-wow, or some other spiritual gathering. The ceremony will begin with the individual providing an Elder with tobacco. For many instances, this will be the individual's Grandfather. The Elder smokes the tobacco in a pipe and begins the ceremony by praying to the Creator and his own personal spirit helpers for guidance.

During the ceremony a name and color is revealed to the Elder by his spirit guide. He then gives this name and their color to the individual seeking their spirit name. After giving the spirit name, the Elder prays asking the Creator to protect the individual. When the prayers are finished, a feast is conducted to honour the spirit name and the ceremony is concluded.

Once a person has received their spirit name, they are required to continue honouring their name and colours. It is up to the individual to find a path to honour their spirit name. Some ways in which a person may honour their name is by attending various spiritual ceremonies. The person may also make food offerings during the year in honour of their name. These offerings may be monthly with the moon cycle, four times a year, at the changing of the seasons, or just once a year.

The naming ceremony embodies the transfer of spiritual power to the individual from the Elder, who in turn had received these powers from the spirit world. Receiving a spirit name is a sacred event in the life of an Aboriginal spiritualist. From the name and colours received, the individual receives strength, identity and direction for their life. This spiritual identity provides them with a foundation on which to build their life and govern the direction it takes. ⊗