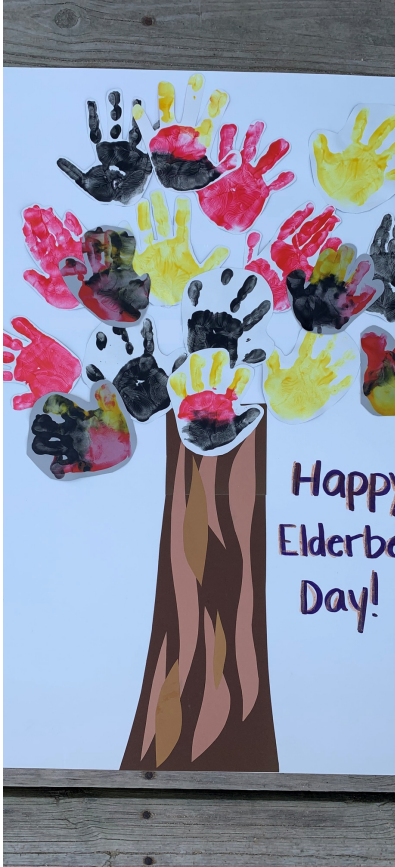


OUT FRONT

BEHAVIOURAL HEALTH FOUNDATION

MAY 2021



One year ago, we posted our first newsletter of the pandemic with a commitment to keep going, as safely as possible, relying on credible information and making whatever adjustments were needed. We made that commitment because we know addiction does not go away when other problems arise. We stated, "We have confidence that most members of our community will continue to help themselves by helping one another. We will stay well and do well together." It is gratifying to be able to say that this have proved true. We have had some difficult days but we have done well overall. Thanks to the hard work of our staff and residents and the support of government, funders and supporters, we have provided uninterrupted services.

Now, with more of our staff and residents getting vaccinated each day, we have much to look forward to and to celebrate.

We are especially proud of the **14 program members who have achieved the milestone of one year in abstinence-based treatment since the beginning of the pandemic.** We have had to modify the size and make-up of our traditional celebratory gatherings on these occasions, but **our heartfelt congratulations** and our wishes for a happy future are as big as ever.

Staff and residents at our Breezy Point Program for women are enjoying their renovated kitchen. We are very appreciative of the Manitoba Real Estate Shelter Foundation, whose grant helped make this possible. Safe and pleasant surroundings make complying with public health orders to “stay home as much as possible” a little easier.

Attention to physical health and positive leisure activities are two important components of wholistic treatment. **We have recently upgraded the fitness equipment in our on-site gym, and our cardio club is meeting every Saturday morning** to work out and run together. A note of thanks to everyone who helped with painting the gym and getting the new equipment in place. **A big shout out to Sean Gallop**, long time BHF member and supporter, for coordinating the cardio club again this year. This is a big year for Sean – graduation from law school! Take a look at Acting Dean David Asper, QC, YouTube video In Conversation with: Sean Gallop and you will see why we are so proud of him.

Being outdoors and active is important for kids too. This spring we purchased a set of kids’ bikes for our Kindergarten to Grade Six classroom. With their new helmets, some bike safety education, and lots of enthusiasm, the kids are more than ready to go!

At the end of winter, our Board of Directors finalized the **sale of our sizeable property on Breezy Point Road**, north of Selkirk MB. This space was home to various BHF programs over the years, including the original iteration of our Breezy Point Program for women now located in St. Norbert, and our Male Youth Services, which closed in 2016 due to lack of funding.

The sale provides a welcome measure of fiscal stability for BHF and we are happy to see the property put to good use. But for those of us who remember those years and that property so well – the natural beauty of the river and the woods, the good people, the pow wows and ceremonies - there is a touch of regret in saying goodbye.

The First Nations Child and Family Caring Society invited people to celebrate March 20 as Elderbeary Day, thanking Elders in our lives for all they do. Children at our Daycare made a great poster for BHF's Elder and Director of Indigenous Services, Mike Calder. Mike and his helpers on the traditional grounds are busy as always, providing traditional teachings and counselling, offering sweats and ceremonies whenever pandemic restrictions allow, and preparing for the July Sundance.

Last month Manitoba’s Office of the Chief Medical Examiner issued its report confirming what many of us know all too well – deaths from overdose are alarmingly high and continuing to rise in our province. There are no words to say how deeply these deaths affect friends and families; we deeply sympathize with their loss.

We know that no one program or treatment approach is right for everyone. As an abstinence-based therapeutic community, we are continuously evaluating our services, listening to the voices of our members, and working every day to respond as effectively as we can to their needs. Our most recent Systems Evaluation Report included the following comments from adults who participated in our outcomes study.

THANK YOU

THANK YOU TO FIT KIDS/ HEALTHY KIDS FOR A DONATION OF ACTIVE PLAY EQUIPMENT FOR OUR DAYCARE.

THANK YOU TO CENTRE FLAVIE FOR A DONATION OF 35 MATTRESSES.

THANK YOU TO DIRECT FARM MANITOBA FOR PROVIDING FOOD CURRENCY COUPONS TO ADULTS AND FAMILIES IN OUR TRANSITION HOUSES.

THANK YOU TO SEED WINNIPEG/ ACCESS TO ID FOR ASSISTING OUR MEMBERS IN OBTAINING BIRTH CERTIFICATES.

THANK YOU TO RED RIVER CO-OP FOR ON-GOING FOOD DONATIONS.

THANK YOU TO THE MANITOBA REAL ESTATE ASSOCIATION SHELTER FOUNDATION FOR HELPING US IMPROVE THE BREEZY POINT KITCHEN.

THANK YOU TO BELL LET'S TALK AND MANITOBA HEALTH, SENIORS AND ACTIVE LIVING FOR ON-GOING SUPPORT FOR OUR INDIGENOUS SERVICES.

THANK YOU TO ALL OUR NEIGHBOURS, FRIENDS, FUNDERS AND SUPPORTERS. WE COULD NOT DO IT WITHOUT YOU.

FOR DONATIONS OR QUERIES, PLEASE CONTACT US AT 204-269-3430 OR EMAIL AT INFO@BHF.CA

"The first time at BHF, I made a half-assed try. I learned more the 2nd time, I'm learning to forgive myself for the time I've wasted and the people I've neglected."

"Our whole family is back together. We have a great place, close to schools and grocery stores. We are maintaining our sobriety."

"My work ethic has improved. My parenting has improved. My anger management has improved. I'm known for being headstrong and that hasn't changed but I manage my emotions better."

"It's a hard program. You have to suck it up but it works."

"At first it was just getting into a routine and away from all of the negative street influences in my life. I started to see that I was capable of another way of living."

"I don't use drugs anymore. My kids are happier."

Each day of healthy living, each moment of helping someone else, is a moment to celebrate, a moment of strength to build on. We are proud of everyone who chooses to participate in our programs, and grateful for all those who help make it possible.