

FOOTHILLS CENTRE ANNUAL REPORT 2023-2024



LETTER FROM THE CHAIRPERSON



**BRENT
FEYTER**

Chairperson of the Board

Greetings on behalf of the Foothills Centre Board!

I would like to start by thanking the staff of the Foothills Centre for the positive impact you are making in the lives of our valued clients struggling with addiction related problems. It takes courage and compassion to sit down and support our friends and neighbors struggling with addictions and as a board we honour you and encourage you in the work you do. I do believe every individual is looking for someone to value them and encourage them in life; you, the staff of Foothills Centre do exactly that as exemplified by the positive responses and testimonials of those we serve.

To our Executive Director, Val Campbell, the compassion and heart you exemplify in caring for every client that the Foothills Centre has contact with, the leadership you provide the staff in ensuring the Mission, Vision and Values of the Centre are lived out, the support you show for the board in helping keep things running simply and efficiently, and so much more is truly appreciated and acknowledged. We wish you, your family and your team the very best for years to come.

Lately the board often reflects on how far things have come in the last few years. From struggling to make ends meet financially, a facility that was showing its age, and relationships in somewhat strained to now having strong relationships with AHS, a completely renovated, expanded and modernized facility, a beautifully fenced in yard and a strong team culture, there is so much good to talk about. It took consistent actions from the board and staff to get to this point and we're thankful for how it has all gone. Thank you to Westco Construction for the work you did over the years in working with Foothills Centre to expand and modernize while operations continued. The last project to complete has been modernizing and expanding the kitchen. We're extremely grateful for how things went and where things are at.

Looking forward the board is beginning to consider and plan on where Foothills Centre goes next. There are always things to consider, learn and act on as the needs of our community continue to evolve and change with time. It is our hope to continue envisioning and planning to ensure we continue to excel at what we do to ensure we continue to meet the needs of our community. If you or someone you know has a passion to support the Vision and Mission of Foothills Centre, make a positive impact in our community and enjoy good comradery (and lunch) please encourage them to consider joining our board.

Some of the areas of growth and development include continuing to work with AHS on growing and strengthening our capacity. The province has made it very clear they are working hard on mental health and addiction support so Foothills Centre will continue to work with the province on where we can be of service. Accreditation Canada is something we continue to review and improve to ensure the organization is performing at the highest level possible. On location the board is planning to remove more of the berm along the railroad to ensure we can make the most of our lands. The sale of land to the Alliance Church has been completed so we continue to appreciate the opportunity to work with our neighbors.

All said I personally have appreciated working with everyone on the Foothills Centre board and look forward to continuing to supporting the team as they serve and support our community. Thank you to all our team members, our Executive Director, and to the Board for your continued support for the organization.

Chair of the Foothills Centre Board,
Regards,
Brent Feyter

LETTER FROM THE EXECUTIVE DIRECTOR



**VAL
CAMPELL**

Executive Director
33 Years of Service

As I sit down to reflect on the past year at Foothills Centre, I can't help but feel an overwhelming sense of pride and gratitude. It's been a truly remarkable journey, and I am honored to be a part of such an amazing organization.

First and foremost, I want to express my deepest appreciation to our incredible Board of Directors. Your guidance, wisdom, and unwavering support have been instrumental in navigating the challenges and celebrating the victories of the past year. Together, we've achieved so much, and I'm truly grateful for each and every one of you.

I also want to take a moment to recognize our exceptional staff. Your dedication, compassion, and tireless efforts in supporting our clients who are battling drug addiction have not gone unnoticed.

The safe and nurturing environment you provide truly makes a difference in their lives, and I couldn't be more proud to work alongside such a dedicated team.

To our clients: You inspire us every single day with your strength, resilience, and determination to overcome adversity. Foothills Centre is your home away from home, and we are committed to supporting you on your journey to recovery every step of the way.

Many thanks to our community. Your unwavering kindness, generosity and support empower us to continue making a positive impact in the lives of those we serve. From the bottom of our hearts, thank you for believing in our mission and standing by us.

Last but certainly not least, I want to extend a heartfelt thank you to our funders, Alberta Health Services. Your continued support is the backbone of our organization, and without it, we wouldn't be able to fulfill our mission of providing vital services to those in need. Together, we are changing lives and making a real difference in our community.

Looking ahead, I couldn't be more excited about the promising future awaiting Foothills Centre and, more importantly, the positive impact we will continue to make in the lives of those struggling with addiction. With dedication, innovation, and collaboration, we are poised to forge new pathways, break barriers, and extend our reach to offer hope and healing to even more individuals in need. Together, we will continue to navigate the challenges of the addiction field with resilience and compassion, ensuring that every step forward brings us closer to a brighter, healthier tomorrow for all.

Here's to another successful year filled with hope, healing, and transformation. Thank you all for being a part of this incredible journey.



COMPANY OVERVIEW



FOOTHILLS ALCOHOL ACTION SOCIETY

Our Board Members Pictured Above:

Brent Feyter, Doni-Lyn Houston, Tammy Paiha, Liisa Gillingham, Tammy Van Buuren, Sharan Randle

The Foothills Centre is governed by the Foothills Alcohol Action Society, a non-profit, charitable society incorporated under the Society Act of Alberta, and is funded by Alberta Health Services, Addictions and Mental Health. The Board consists solely of volunteer members.

VISION

To assist individuals and families with addiction related problems and encourage healthier lifestyles.

MISSION

Empowering individuals and families affected by addiction with the courage to initiate positive change.

WHAT WE DO

- Provide current information on alcohol, substance, and/or gambling addictions
- Provide support and safety during the detox process
- Assist clients to achieve freedom from the harmful effects of alcohol and substance use
- Prepare them for further treatment, or reintegration into society



2023-2024 STATS



Total Clients Served

895



Clients who Completed the Program

768



Occupancy Rate

93%



Total Beds

27



OUR PROGRAM

- * Our program offers a comprehensive approach to substance abuse recovery in a group setting. It aims to foster an understanding of addiction, provide a sense of direction with external resources, and enhance self-awareness, self-esteem, self-worth, and spirituality. Information is shared through psycho-educational groups, speakers, and/or videos that cover the addiction process, initial recovery steps, and treatment preparation.
- * While at Foothills, clients have access to the Program Manager and Program Assistants for one-on-one support, referral to further treatment, and assistance with issues involved with recovery. We provide harm reduction education while engaging clients to co-develop safety plans and next steps should their preferred treatment plan no longer meet their needs and goals. The Centre emphasizes personalized support throughout the recovery journey, including discharge planning, relapse prevention (This service is for individuals who have had some length of sobriety or non-use but are feeling vulnerable to relapse, with a two or three-day stay often sufficing to refocus them on recovery), and transition support for those without a safe space post-detox.
- * The Program Manager works in close contact with other service providers to ensure client needs are being met. Clients may also utilize our services for a mandatory five day stay before treatment. Support services are also available on an out-patient basis, past clients or community members may attend group lectures upon request.
- * We also provide by appointment, support and information to family members going through a crisis within their family unit.

CLIENT SUCCESS STORIES

FOREVER APPRECIATIVE...

Foothills detox has been there for me when no one else was. I have been to this amazing detox on more than one occasion, and the staff, facilities, and management have shown that they truly care for every individual that walks through the door. I have been sober for a over a year, all starting at this Centre. Foothills has also made me realize I want to work in addictions as a career, and help those struggling with the same affliction. I am unsure where my life would be without this Centre, and am forever appreciative of this place.



MY ARMY...

My name is Dillon and for 14 years I struggled with Addiction. Desperate, defeated, and alone, I was ready to give up on myself and everything around me... some say it takes an army to break the chains of addiction. I am alive today to tell you Foothills Detox was and always will be My Army.

Having had numerous stays throughout this facility, including the relapse prevention program, I was able to learn something new about myself each and every time, and thanks to the in depth structure, the incredible knowledge, and compassion of all the staff and management, and the overwhelming feeling of being somewhere safe and being accepted and part of, I was able to slowly pick up and put the pieces of myself back together.

With now over seven years clean from all substances, I now have a life full of purpose, hope, and freedom. Today I am a husband, a father, a son, a friend, and I am employed. I have value and purpose. I simply have a life I could only have dreamed of.

Today all these things including my life are possible simply because Foothills Detox saw in me what, at the time I could not see in myself.



CLIENT SUCCESS STORIES

7 YEARS...

I wanted to reach out and let you know today is my 7 years clean and sober! My recovery has been such an incredible blessing. It all started at Foothills with you guys. Thank you so much for everything. I'm finishing my 2nd year of 4 at the U of C this month getting my BSW. Heading to Mexico and Hawaii for 2 weeks after finals. I finally have a great man in my life after 8 years. He is an RCMP of all things lol.



ETERNALLY GRATEFUL...

My name is Tracey and my last stay at the hospital and detox Center was with you seven and a half years ago.

I am eternally grateful for the wonderful staff and service you all provide.

Kelsey, Erwin, Pete and James helped me numerous times during my stays and I wouldn't be where I am today without them.

I am a teacher and have been working full time at the same school since I left the Detox Center with only one teacher day absence a year.

I have had 75 percent custody of my twins and have been able to support and help them grow. It is a blessing to be present in their lives. They are turning thirteen in two weeks.

I am also getting married next weekend to a wonderful man who has stood in front of me in church for seven years.

Life isn't always easy but it is better than any hell I put myself through when I was drunk.

Thank you to you all for the hard work you do.

I hope many other people will have good news like me.



CLIENT SUCCESS STORIES

GREAT EXPERIENCE...

Great experience for the first time in detox! I got lots of information and help in only nine days of being here! Thank you!

STANDING TALL...

Thank you all soooo much. I don't know what tomorrow will bring but I am standing tall and healing mentally, emotionally, and physically.

KEPT ME ALIVE...

I cannot begin to express my gratitude for this wonderful place. I truly consider this my home. When no one else would have me... This place has kept me alive and gave me hope when I had none. You loved me when I did not love myself...

LIFE CHANGING...

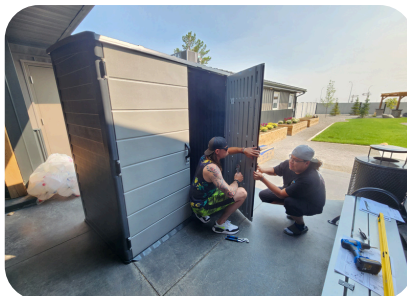
Foothills Detox, two words that sum it up perfectly "Life Changing." They have a winning formula that begins and ends with love. Walking in the doors they love you when you can't love yourself when you won't. You're greeted with open arms and hearts; all the staff are caring and supportive. They make you better and help you find a suitable next step that will suit each individual. The food is gourmet, they definitely fatten you up. Health care is amazing. I would take a vacation to this spot. It's one of my favorite places in the world to be. Thank God for Foothills and their wonderful staff. This place changed my life. Forever grateful.

GRADUATE...

Blake entered FHC detox in March 2018, from detox he spent time in the FHC transition program before going on to complete treatment. After completing treatment and taking some time to focus on himself and his family, Blake enrolled in the addictions counselling program at the University of Lethbridge. This spring 2024 Blake was a Shining Graduate of the Faculty of Health Science! Blake has overcome significant personal hardship to break the cycle of addiction and show that recovery is possible!



LIFE AT DETOX...



MEET THE STAFF



**GLENDA
JENSEN**

Program
Manager

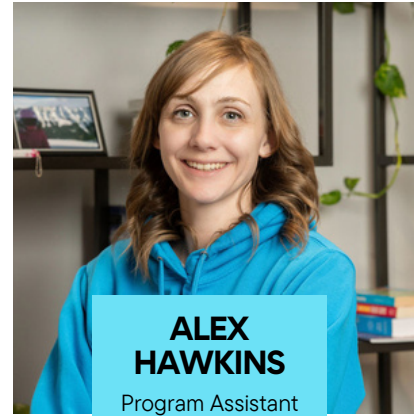
14 Years of Service



**HALEY
GRAY**

Program Assistant

First Year



**ALEX
HAWKINS**

Program Assistant

First Year



**COLLETTE
RYOSTOCK**

Admittance
Coordinator

16 Years of Service



**CARLY
MEADOWS**

Admittance
Support

3 Years of Service



**JAMES
MACKAY**

Client Care
Supervisor

17 Years of Service



**CYNTHIA
CROW**

Client Care
Assistant
2 Years of Service



**ZOE
ROBERTSON**

Transition
Liasion Worker
2 Years of Service



**WAYNE
FINNSEN**

Head Cook
3 Years of Service

Congratulations on your new career opportunity.
Foothills Centre wishes you all the best!



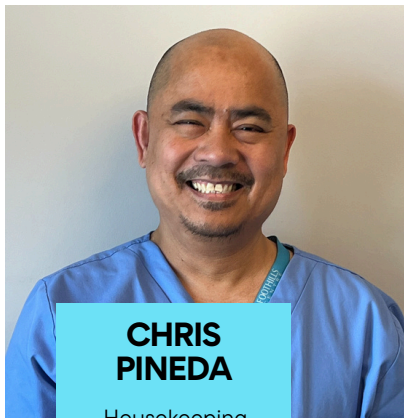
**DISHA
SHAH**
Business
Manager
8 Years of Service



**CINDY
SCHAAF**
Executive
Assistant
First Year



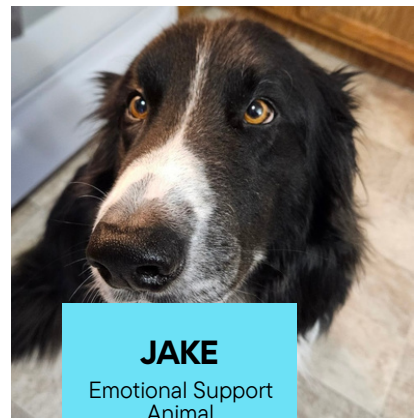
**JENNIFER
LESTER**
Accounting
Administrator
First Year



**CHRIS
PINEDA**
Housekeeping
First Year



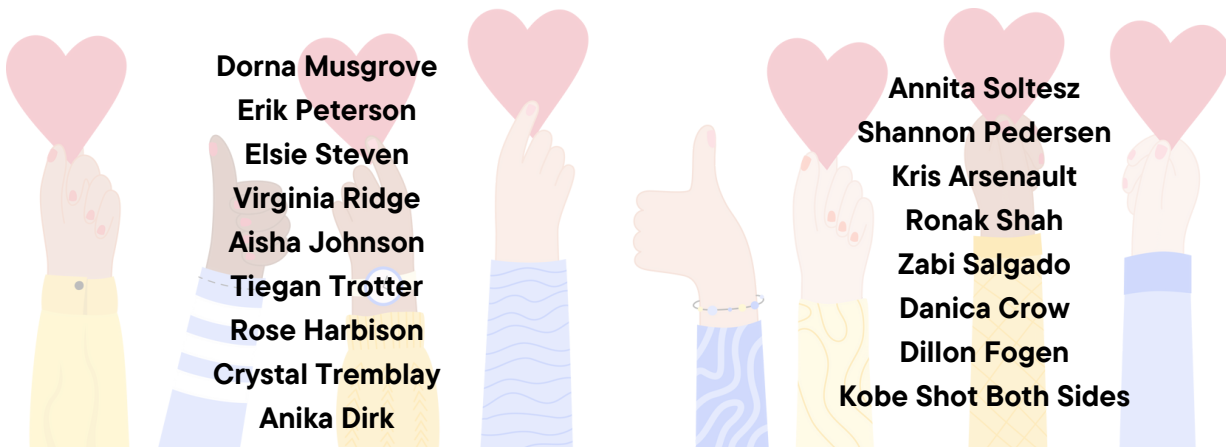
MISSY
Employee of
the Year
First Year



JAKE
Emotional Support
Animal
First Year

STAFF RECOGNITION

The dedicated staff of Foothills Centre are the essential elements that keep this operation running, and running smoothly. Their tireless dedication to the compassionate treatment of the clients of Foothills Centre is the life of this organization. We thank you for your hard work and your perseverance no matter what hurdles come your way. You really are amazing!



Dorna Musgrove
Erik Peterson
Elsie Steven
Virginia Ridge
Aisha Johnson
Tiegán Trotter
Rose Harbison
Crystal Tremblay
Anika Dirk

Annita Soltesz
Shannon Pedersen
Kris Arsenault
Ronak Shah
Zabi Salgado
Danica Crow
Dillon Fogen
Kobe Shot Both Sides

PHOTO GALLERY



OPEN HOUSE

October 2023

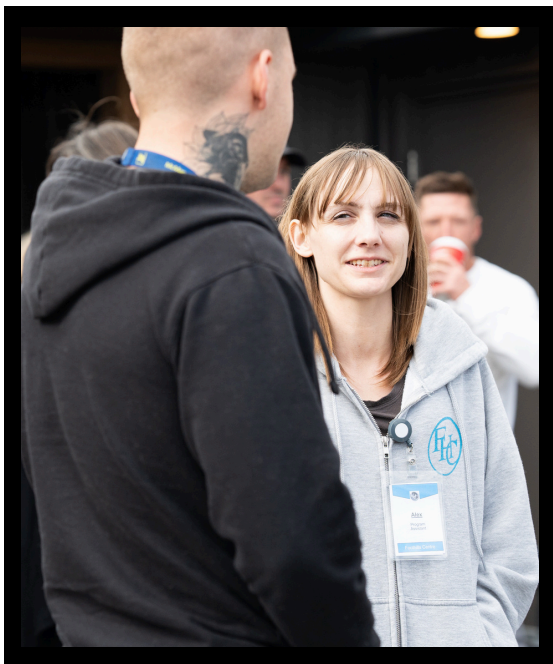


OVER
200
attended



OPEN HOUSE

October 2023



RENOVATIONS



BEFORE



RENOVATIONS



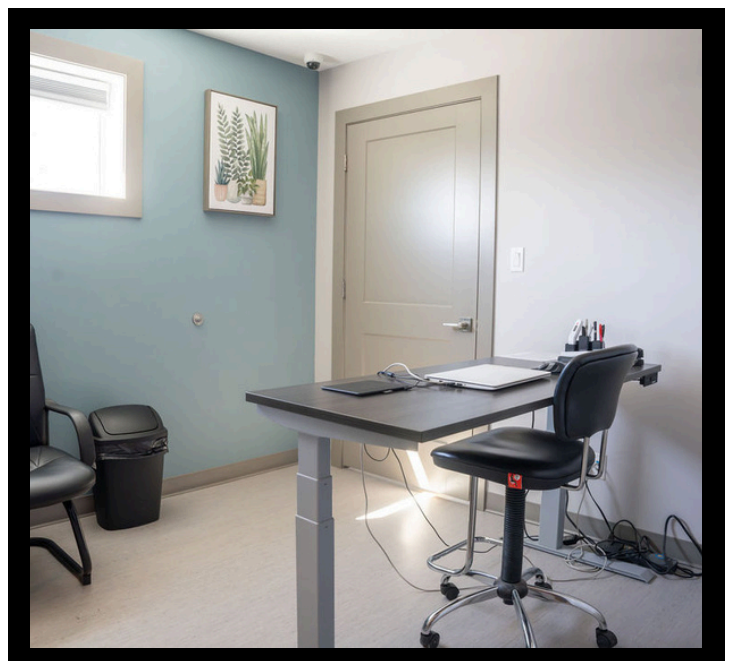
BEFORE



RENOVATIONS



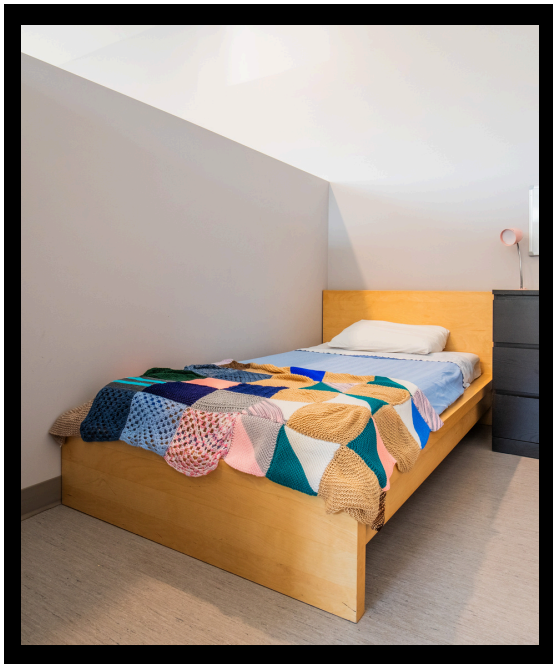
AFTER



RENOVATIONS



AFTER



FUTURE OUTLOOK

1

Newly updated and revamped website



6

New beds funded by AHS



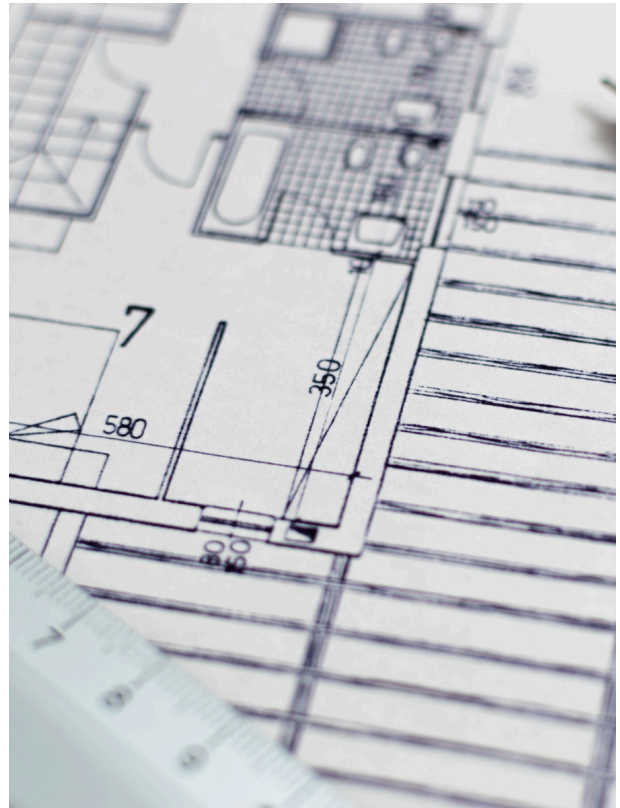
FUTURE PLAN

With the expansion complete and the kitchen renovation and expansion well under way, The future holds potential for more growth for the Foothills Centre.

The ever growing addiction crisis drives us to push forward and continue to innovate and find new ways to serve the people who need us most.

INNOVATION

With a long standing reputation in the addiction community, Foothills Centre has long been an innovator and has developed a model for transition clients to have a safe place while awaiting entry into treatment facilities. The transition bed program was a passion project for Foothills Centre and it has been operational since 2016. This program has proven to be vastly successful.



DONATIONS FROM THE HEART



Foothills Centre is grateful for all the donations we receive throughout the year. All of the various donors, from the anonymous to the large scale donors, you do not know the impact your generosity has on our clients & our facility.

**Thank you from the
bottom of our hearts!**



CONTACT US



FOOTHILLS CENTRE

Phone

403-553-4466

Email

info@foothillscentre.ca

Website

www.foothillscentre.ca

Address

Box 1573
810 18 Street
Fort Macleod, AB
TOL 0Z0