



Thorpe Recovery Centre

November 2011



this issue

Fundraising Efforts	Page 2
Sex Addiction Services	Page 3
Family Program Update	Page 3
Update on New Building	Page 4
Upcoming Events	Page 5

A Message from Our Executive Director

This past year has been the busiest I have had since becoming Executive Director nine years ago. First of all I started the year with some personal health problems that resulted in my having surgery and missing work for five weeks. Many thanks to Lisa and the rest of our team for making all the necessary decisions and handling the extra workload; I am fortunate to have such a great staff to work with.

The new building has obviously taken a lot of my time this year. I had no idea just how many decisions would need to be made, and again I thank all the staff that were involved in helping me with things like windows, flooring, colors, furniture, etc... especially Nikki! It looks like we will be moving in January, 2012. It was April 2009 when we officially knew we would be building a new facility thanks to \$10 million from the Alberta Government. I can't believe we are only a few weeks from moving in.

I have another huge THANK YOU to the many staff members that were involved in the arduous Accreditation process. As of September we are now a fully accredited health care facility which really means that our practices and procedures conform to a very high level of standards that are created by other health care organizations connected with Accreditation Canada. Often individuals and organizations will only consider working with accredited facilities.

We are all excited and a little scared about what the next few months will bring. Lisa and I have tried to prepare for everything, but I am sure there will be some things that have simply been overlooked. I hope many of you will be able to attend our open house this fall and/or our grand opening next spring. Please check our website and local advertising for updates on these events.

- Craig Featherstone

Image taken at TRC Gala



Mission Statement

TRC provides innovative, client centered addiction services for individuals and families through an integrated continuum of care.

Vision Statement

Overcoming addiction to improve lives.



www.thorperecoverycentre.org

Message from Our Director of Clinical Services

2010/2011 has been an incredibly exciting time for us at Thorpe. With the reality of the new building getting closer every month we took several steps to prepare us for the expansion, including the hire of several new employees that are mentioned in this address. We are excited to welcome Michelle Hamilton (psychologist) to our team. She is helping us deliver services that allow us to meet the diverse needs of our client population and expand services that help those that face challenges with both mental health and addiction.

We completed an accreditation process this year that has resulted in many changes and improvements. Our staff is dedicated and has worked very hard to implement the changes required in order for us to meet standards set out by Accreditation Canada. As a result we are delivering state of the art treatment here at Thorpe.

Our detox team is lead by both Lori Worthing, RN and Chris Shorrock (provisional psychologist). Together they are offering a full complement of medical and psychological services to those entering detox and treatment services. The ability to address mental health concerns concurrently with medical needs and addiction services gives us an opportunity to provide more integrated, quality treatment to those we treat.

Our residential program is expanding and we are delivering a program that is 42 days or longer. We are able to address the individual needs of each person in treatment. Our team is led by Todd MacIntyre and consists of family therapists, psychologists, an art therapist, a grief and loss therapist as well as many other unique talents. Our teams of clinicians work together to create treatment plans that make sense for each individual client and we are able to address both symptoms of addiction and mental health concurrently.

We have adapted an approach that is both trauma and family focused. We know that in order to do the best job possible we need to reach family members. Jon Rokochoy has worked hard to expand our family program to four days and we are seeing the benefits within our client population. I am currently involved in a project with addiction professionals in Alberta that will allow us to reach out to more family members at intake. I hope that this will help more family members attend our family program.

We are happy to be able to say that we now offer services for sex addiction. I completed training with Dr. Carnes and the IITAP group this year and we have four therapists that have begun the process to become certified. We plan to offer an inpatient track for sex addiction by next spring. Currently we are offering outpatient services that include a sex addiction support group, support for spouses on an individual and group level, and three day intensives for addicts are offered quarterly.

It is also important to mention the ongoing work that is dedicated to the development of a continuum of care within the addiction field. We understand that we are a small piece of the puzzle in terms of recovery from addiction and that we need to be integrated with other addiction and mental health services in order to truly address this disease. We have worked hard developing relationships in the recovery community over the last few years; we believe that treating addiction is a long term process that requires all addiction and mental health professionals work together.

Finally, we are making final preparations to begin offering a program for adolescents. It is with great humility we approach the opening of this program. It is a big job to treat adolescents and we are working hard to recruit the best people for the job. Currently I have hired two adolescent counselors who are passionate about working with youth and have a great deal to offer our new program, Mike Niezen and Tammy Theisen. We are approaching the closing date for the manager of that program and I hope to have this program up and running early in the New Year.

I look forward to seeing you at one of our open houses or at the grand opening this spring!

- Dr. Lisa Luciano

Image taken at TRC Gala



Fundraising Efforts

The past few months have been an exciting time for fundraising. We started off in May with the 2011 Building Hope Gala. We were delighted to have Terri Clark do an acoustic performance for everyone who attended. There was a silent auction, as well as a live auction hosted by Danny Hooper. There were many people who helped to make this gala a success and all the hard work is very much appreciated.

In July, the Thorpe Recovery Centre was fortunate to be the recipient of funds raised by the Lloydminster Investor's Group Golf Tournament. A few Thorpe staff members and volunteers attended the event. They braved the heat and came back as a new shade of red, but they all had a great time!

In August Dave Rechlo, a friend of Thorpe's, organized the third annual R.O.A.D. Trip (Ride On Against Drugs). Dave started this fundraiser three years ago as a tribute to a family member who struggled with addiction before passing away. This year the riders took a new route. They started in Sherwood Park and rode over the course of two days down Highway 16 into Lloydminster. Once they got into town on the second day, Thorpe staff, clients, and supporters were there to welcome all 13 of our riders home with a BBQ. It was great to see so many people participate in this year's R.O.A.D. Trip. With more participation than ever before, the event was able to raise funds for adolescent programming.



Pictures from 2011 Building Hope Gala:



Sex Addiction Services

"Like an alcoholic unable to stop drinking, sexual addicts are unable to stop their self-destructive sexual behaviour. Family breakups, financial disaster, loss of jobs, and risk to life are the painful themes of their stories.

Sex addicts come from all walks of life – they may be ministers, physicians, homemakers, factory workers, salespersons, secretaries, clerks, accountants, therapists, dentists, politicians, or executives, to name just a few examples. Most grew up in families in which addiction already flourished, including alcoholism, compulsive eating and compulsive gambling. Most grapple with other addictions as well, but they find sex addiction the most difficult stop.

Much hope nevertheless exists for these addicts and their families. Sex addicts have shown an ability to transform a life of self destruction into a life of self care, a life in chaos and despair into one of confidence and peace."

-Patrick J. Carnes, Ph.D.
Author of *Out of the Shadows*

Sexual addiction has been called sexual dependency and sexual compulsivity. By any name, it is a compulsive behaviour that completely dominates the addict's life. Sexual addicts make sex a priority more important than family, friends, and work. Sex becomes the organizing principle of addict's lives. They are willing to sacrifice what they cherish most in order to preserve and continue their unhealthy behaviour.

Source: www.SexHelp.com

Over 70% of sex addicts report having problematic on line sexual behaviour. Most experience such despair over this activity that they have considered suicide. People who already were sex addicts find that cybersex or on line sexual activity accelerates the problem. Dr. Al Cooper described on line sexual behaviour as the "crack cocaine" of sexual compulsivity.

Thorpe Recovery Centre began to treat Sexual Addiction in the fall of 2010 after Dr. Luciano began training with IITAP and Dr. Carnes. Thorpe now has five therapists involved in this training that addresses sexual addiction including the impact on family. As a result TRC now provides Outpatient treatment for Sexual Addiction which includes family counselling, self help groups, intensive treatment experiences, educational workshops for addicts and their families and couples' counselling. In the winter of 2012 TRC will be able to offer a 42 day residential treatment program for sexual addiction.

Pledges

Yes, I would like to make a monthly contribution of:

\$25

\$50

\$100

Other: _____

Please provide a void cheque or complete the following:

Visa/MC _____

Expiry Date _____

Signature _____

Donations

I would prefer to make a onetime donation of \$ _____

If you would like your donation to remain anonymous to the public please check here: _____

All one time donations of \$10 or more and all monthly donations will be issued a charitable donations tax receipt.

Family Program Update

In September we were very excited to begin our 4 day family program. We started out years ago as a 2 day program, grew to 3 days, and now expanded it again. Involving family and loved ones of addicts in the recovery process is vital to the health and success of families impacted by addiction. It can be incredibly difficult to live sober and implement many of the personal changes that are learned and encouraged through our 42 day program if a client returns to a family system that continues to operate in the same dysfunctional patterns. Attending Family Program equips loved ones with the knowledge of their part in the addictive cycle and encourages personal responsibility and a healthy focus on self.

One of the most anticipated new aspects of the 4 day program is that it now includes a small group session where the addict and their loved one are able to have a guided "face-to-face" discussion. This is done in the presence of a counsellor and is witnessed by other family members and addicts. It is a time where each are able to share how addiction has impacted them and what they intend to do in the future to look after themselves. The new program also includes 2 joint lectures with all Family Program clients and the 42 day group.



Update on New Building

As construction comes to an end on our new building, we have been told that we will be moved in and operational in January 2012.

Our new facility will be substantially larger than the one we are currently in and will total 53,000 square feet. In this state-of-the-art building on 34 acres of land just outside of Lloydminster, Alberta, we will continue to run our medical detoxification and residential treatment programs, however we will be able to increase the number of programs and services we offer, including the following:

- 42 beds for adult residential programming, 10 beds for youth residential programming, 14 beds for adult detox and 6 beds for youth detox
- Separate wings for treating adults and youth, each with its own dining room, craft room, exercise room, laundry facilities, counselling and lecture space, and a comfortable quiet area equipped with a high efficiency gas fireplace
- Space designed to allow for best practices in addiction treatment, such as semi-private rooms and common washrooms for youth and two-person rooms with private three-piece washrooms for adults
- Separate youth and adult detox spaces that make efficient use of a common nursing station
- One commercial kitchen serving both dining rooms
- Gymnasium offering opportunities for physical activity and healthy interaction
- Beautiful outdoor areas and walking paths providing space in which to enjoy nature and engage in the exploration of self and spirit

With the increased amount of space, we will be able to offer services unique to Western Canada. Our new facility will also have a dentist office inside for emergency dental procedures for clients.

We have also trained a couple of our staff members in neurotherapy. Neurotherapy is a form of biofeedback which promotes improved regulation of an individual's brain wave activity. Neurofeedback uses very low level electrical stimulation to specific brain sites to stabilize the electrical activity of the brain. Neurofeedback may increase flexibility and adaptability of the brain and may help to normalize brain wave patterns.

With all these exciting changes in our near future, the Thorpe staff is looking forward to the big move and being able to help more people who struggle with addiction. We are very excited to begin offering our services in such a unique building and are proud to call it our new home.





Upcoming Board Meetings

December 15, 2011

January 19, 2012

February 16, 2012

March 15, 2012

Upcoming Events

Thorpe Recovery Centre Open House

We would like to invite everyone who is interested in visiting our new facility to our Open House. Once we have an official open house date we will be sure to let you know. Please feel free to stop by the new centre for a tour. The staff is very excited to begin offering our services in such a unique building and we are proud to call it our new home.

Official Move-In Date

The staff at the Thorpe Recovery Centre will be packing their belongings and beginning their first day of work at the new centre in January, 2012.

Grand Opening

Stay tuned for more information regarding our Grand Opening of the new centre which we will be hosting in the spring.

Sex Addiction Intensive Workshop for Men

The next Sex Addiction Intensive Workshop will be held on November 27-29.



Thorpe Recovery Centre

Phone: (780) 875-8890

Toll Free: (877) 875-8890

Fax: (780) 875-2161

www.thorperecoverycentre.org