

# ANNUAL REPORT

## 2023-2024

1835   
HOUSE

 1839  
HOUSE



# WELCOME



Being welcomed is so much more than simply hearing the words, it's a genuine feeling. It most certainly comes from people, and is even more strengthened when the message is consistent and authentic, but it also comes from the greater community, structure, and even the architecture and layout of a building. Together with 1839 House for Women, 1835 House has been welcoming individuals for over 50 years, and we are excited for what the future has in store for all the Recovery Acres facilities. Regardless of the facility though, we are driven by this feeling of welcome, and as Executive Director, my connection to this feeling is deeply personal. Years ago, I walked through the doors of 1835 as a client, seeking refuge, guidance, and recovery. The warmth and acceptance I encountered then transformed my life and inspired my commitment to ensuring that every person who comes to us feels the same embrace of welcome and hope.

This past year, we have continued to extend our welcome to not just individuals that cross our paths, but to other organizations that walk the same path as we do. In return we have also been welcomed, and this natural and organic collaboration has begun to bear fruit. As a leading member of the Rocky Mountain Recovery Community, we have put our efforts into planning some exciting recovery inspired events for everyone to enjoy this year. We invite all our recovery allies to follow our activities, and join us in continuing the feeling of welcome and hope.

Stian Rorstad, Executive Director

# LAND ACKNOWLEDGMENT



In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, îethka Nakoda Nations: Chiniki, Bearspaw, Goodstoney and Tsuut'ina Nation. We acknowledge that this territory is home to the Otipemisiwak Métis Government of the Métis Nation within Alberta Districts 5 and 6. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on reconciliation. Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.

# PEOPLE ACKNOWLEDGMENT

1835 & 1839 Houses acknowledges that individuals who identify as a sexual, gender, or cultural minority often face significant barriers to accessing addiction treatment services. We strive to create an environment that values and welcomes diversity, and respects a client's individual path to recovery.

By providing an environment where clients, families, clinicians, staff and volunteers feel safe, we help to reduce those barriers.

We also acknowledge that vulnerable populations are disproportionately impacted by chronic disease due to a cultural, social, economic, and environmental factors, that are often interrelated. Recovery Acres (Calgary)

Society strives to care for all clients from unique social and cultural backgrounds, often with different languages, socio-economic circumstances, and underlying health or illness. As an organization, we recognize that specific populations may require additional support and/or alternative approaches to meet their needs throughout their recovery journey. We have therefore integrated Alberta Health Services modules for training staff in competencies for vulnerable populations. These modules include:

- AHS Primary Care Program Diversity Awareness Self-Reflection Tool
- Various courses offered through the Primary Health Care Learning Portal.

These resources encourage self-awareness, sensitivity, and reflection on creating a safer and more welcoming environment for recovery.



# WHO ARE WE

1835 House, Recovery Acres Calgary Society, has established a prominent presence in the Alberta Recovery Community, evolving significantly since our inception. With the support of stakeholders, 1835 has expanded its services, adding extended sober living in 2001, 1839 House for Women in 2016, and now providing both inpatient and outpatient programs for individuals aged 18 and older. As an experienced addiction treatment provider, we have refined our expertise over the years. In 2008, we published the book, "The 1835 Recovery Model," detailing our knowledge of residential treatment, recovery, mission, vision, philosophy, culture, model, and purpose.

To adapt to the ever-changing landscape of addiction treatment, our team employs up-to-date best practices, continually evolving a person-centred, trauma-informed treatment model. We have developed comprehensive client transition pathways that involve family and holistic care, with a growing emphasis on concurrent capabilities that have shown proven success.

1835 & 1839 alumni foster a culture of resilience both within and beyond the recovery community, becoming pillars of society. Our ever-growing alumni network represents our organization, extending the reach of recovery each year and helping to reduce the stigma of addiction. Over 1,700 alumni have returned to our facility to receive plaques for achieving one year of sobriety, and more than 100 alumni have accepted plaques for 25 years of continuous sobriety. Countless others may not have returned to accept these accolades but continue to build recovery in their respective communities, both for themselves and for others.



# OUR PURPOSE

## MISSION

Helping those who live with substance use disorders achieve long-term recovery and restore individual, family and communities to wellness.

## VISION

Long-term recovery is available for all who live with substance use disorders and co occurring mental health concerns.

## VALUES

Respect, compassion and dignity for all people regardless of cultural, social and economic factors

Trust and integrity in all that we do

Open minded with an ongoing commitment to progress

Safe and supportive environment for all

Responsible to provide excellence in the health care of clients and staff



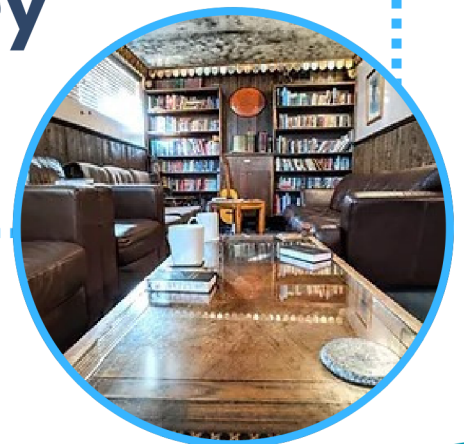
# IMPACT



**70% of all new participants were either unemployed or had no home when they started.**



**245 People started their recovery journey**



# IMPACT

**16,425**

**Phone Calls Received**

**736**

**Admission Interviews  
Booked**

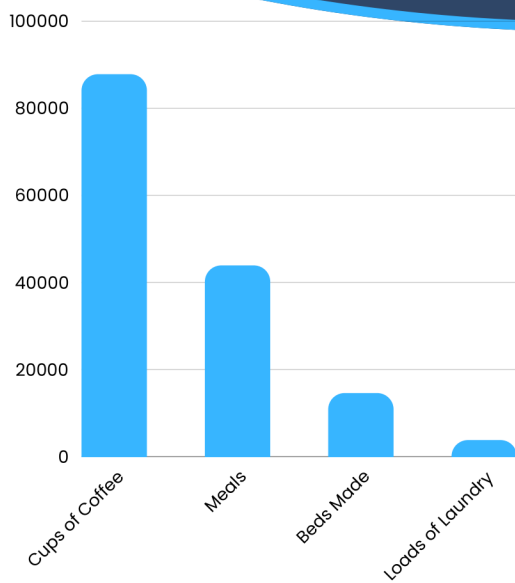
**14,962**

**Days of New Recovery  
Were Generated by  
Participants While in  
Treatment**

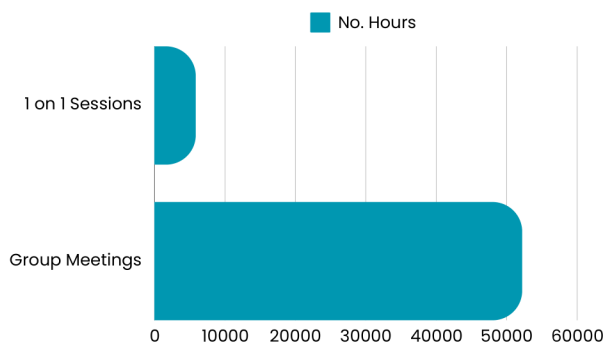




# IMPACT



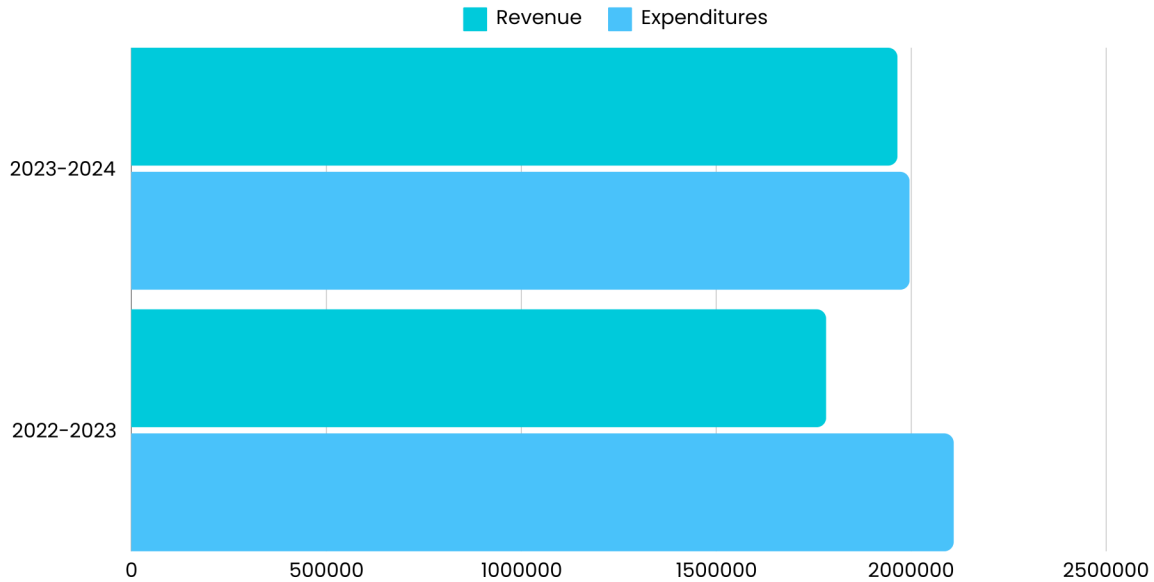
**87,840 Cups of Coffee**  
**43,920 Meals**  
**14,600 Beds Made**  
**3,805 Loads of Laundry**



**5,840 Hours 1 on 1  
Counsellor/Participant  
Meetings**  
**52,000 Hours of Group  
Meetings**



# FINANCIAL STATEMENT



Fiscal Year	Revenue	Expenditures	Deficit/Surplus
2023-2024	\$1,964,762	\$1,995,756	(\$30,994)
2022-2023	\$1,781,790	\$2,109,040	(\$372,250)



# BOARD OF DIRECTORS

As Recovery Acres Calgary Society (RACS) proudly enters its 52nd year of service to the community, I reflect on the journey and the continuous evolution of addiction and mental health recovery. Despite the shifting landscape, the staff, leadership, alumni, and board remain steadfast in their commitment to our mission: “Helping those who live with substance use disorder achieve long-term recovery and restore individual, family, and community wellness.”

The Board of Directors is a diverse and dynamic group, each member bringing unique personal experiences, professional expertise, and unwavering dedication to the governance, long-term planning, and support of RACS. This year marked the departure of our esteemed Board Chair, Brad Wlasichuck. Brad has been involved in our organization for 19 years and has been serving on the board since 2020. His visionary leadership and steadfast commitment have been instrumental in guiding RACS to its current position of stability and strength. On behalf of the entire board, I extend our deepest gratitude to Brad for his exceptional service and leadership.

In the past year, the board has worked diligently with RACS leadership to ensure our vision— “Long-term recovery is available for all who live with substance use disorders and co-occurring mental health concerns”—remains a central focus in all strategic planning efforts.

A significant milestone this year was the board’s approval of engaging a fundraising organization to conduct a feasibility study for our capital campaign aimed at expanding RACS. The positive results of this study have bolstered our confidence and enthusiasm as we prepare to embark on the next phase of this critical campaign. This expansion will enable us to extend our reach and enhance our services, ultimately benefiting more individuals and families in need.



## CONTINUED...

RACS continues to be recognized as an industry leader and a valued strategic partner by numerous organizations and funders. The reputation for excellence and innovation in addiction and mental health recovery services is a testament to the dedicated team and effective programs that have developed over the years. This recognition is not just a reflection of past achievements but a promise of the ongoing commitment to setting the highest standards in care and support.

Despite the economic challenges posed by inflation and other external factors, RACS Leadership has successfully maintained a fiscally responsible budget. This financial management has ensured the stability and sustainability of the operations, allowing staff to continue providing high-quality services without compromise.

As RACS transitions into a new fiscal year, the board remains confident in the strong leadership and strategic positioning that have become hallmarks of our organization. The organization is well-prepared to navigate the complexities of the current environment, reinforced by a solid financial foundation and the unwavering support of the community, partners, and alumni. This foundation is essential as RACS confronts the ongoing challenges posed by a severe toxic drug crisis and escalating addiction and mental health concerns. It is both a privilege and a profound responsibility to serve as the interim chairperson and alumni of RACS. Working alongside a dedicated and diverse board of directors, I am continually inspired by our collective commitment to recovery. Together, we strive to make a meaningful impact, helping individuals and families reclaim their lives from the grips of addiction and mental health challenges.

On behalf of the board, I extend my heartfelt thanks to all staff, alumni, and partners for their dedication, support, and expertise. Your contributions are invaluable to the continued success and growth of RACS. Everyone plays a critical role in our mission, from the staff, and alumni, providing compassionate, trauma-informed and person-centred care to the board members guiding the strategic direction. As we move forward, remaining committed to our mission and vision, I am confident in our collective ability to effect positive change in the lives of those we serve. Together, we will continue to build on our successes, overcome new challenges, and ensure that long-term recovery remains accessible to all who need it.

Sincerely,  
Kevin Webb  
Interim Board Chair



# ALUMNI

Alumni have and always will play a crucial role in the recovery process at 1835 & 1839 Houses by offering invaluable support, inspiration, and practical guidance.

## Why Participate as an Alumni?

- Alumni serve as powerful role models. Success stories provide hope and inspiration to those currently in the program.
- Alumni contribute significantly to building supportive networks. They offer peer support, sharing their experiences, challenges, and coping strategies. Engaging with alumni helps individuals in recovery feel less isolated and more understood, fostering a sense of belonging and community.
- Alumni can guide individuals in recovery, offering practical advice on navigating everyday challenges, avoiding triggers, and maintaining sobriety. They provide an additional layer of support and accountability, which can be crucial for those in the early stages of recovery.
- Ongoing involvement provides a continuous source of support and resources, benefiting both current and former patients. Participation in alumni-organized events and activities keeps individuals engaged in positive, sober activities, which is essential for maintaining recovery.
- Alumni often feel a deep sense of gratitude and a desire to give back to the community that supported their recovery. By staying involved, they create a legacy of recovery and resilience, ensuring that support systems remain robust and effective for future generations.

Alumni are invaluable at 1835 & 1839 due to their ability to provide relatable support, mentorship, and advocacy. Their involvement enhances the recovery journey for all individuals by building a strong, supportive community and contributing to the continuous improvement of recovery programs.

### **To stay connected as an Alumnus**

Update your contact information

Attend open 6:15 meetings

Come back and share your milestones at birthday nights

Attend the Alumni meetings

# FUTURE



In the coming months, our organization will launch a capital campaign aimed at expanding our services. This three-phased project, with an estimated cost of \$15 million, will significantly enhance our capacity to serve the community with exceptional care.

Phase 1 involves the construction of a new 24-bed female treatment program facility on the east side of the original building.

Phase 2 will see the construction of a new 36-bed male treatment program facility on the west side of the original building.

Phase 3 will complete the project by integrating all three buildings and renovating the original building into a community hub for the organization.

The board of directors has established a fund development committee to collaborate with our leadership team to support this vital project. This expansion is crucial for the recovery-oriented system of care in Calgary, as the demand for our services continues to grow.

# STAY CONNECTED



**RECOVERY ACRES CALGARY SOCIETY**



**FACEBOOK.COM/RECOVERYACRES**



**INSTAGRAM.COM/RECOVERYACRES**