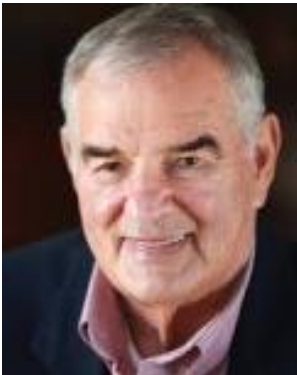


# Annual Report 2018 - 2019



## Message from the Founder, Honorary Chair



When I received a panic-stricken phone call nearly 30 years ago from a parent in need, never could I have imagined how that conversation would change my life forever, as well as the lives of so many others. It was inconceivable to me that caregivers were having to send their sons and daughters thousands of kilometres away, and at great financial expense, to get them the substance use treatment they needed. This travesty awoke a passion in me and it is a passion that endures to this day!

With the help of like-minded others, my dream eventually became a reality and I am so incredibly proud to know that since 1993, more than 15,000 youth and families in our community have been directly helped by the Dave Smith Youth Treatment Centre. They needed us and we were here for them. It was true then, and it is true now!

Folks, as much as we have accomplished together, there is still so much left to do. Top of mind for me is the critical need to bring a new, purpose-built residential treatment facility to our community. Residential treatment infrastructure in our community is literally crumbling and both action and investment is required. This new facility would help us reduce wait times and save even more youth who need us! Please join me in making this dream a reality by speaking to your municipal, provincial and federal politicians about our cause. Our kids are suffering, our kids deserve better and our kids need our help!

My personal and immense gratitude goes out to my fellow volunteer board of directors, our amazing management team and our incredible staff. You have never seen such a passionate, dedicated and caring bunch! You all continue to amaze me and I am so thankful for all your efforts in helping make our community as good as it can be.

A handwritten signature in black ink, appearing to read 'Dave Smith', with a stylized, looping flourish at the end.

**Dave Smith**  
Founder, Honorary Chair

## Message from the Board Chair



As I prepare these comments, I sense a mixture of great satisfaction, sincere appreciation, frustration with elements of the present, and anticipation for future possibilities.

The sense of enormous satisfaction derives from being associated with the Dave Smith Youth Treatment Centre and all that it continues to achieve for the well-being of the youth of this city and this province. It is not hyperbole to say that the lives of youth and their loved ones are being rechanneled in life saving ways on an ongoing basis. Playing a part in assisting young people to step back from the brink and to incorporate strategies and practices for leading a life with hope for the future is a source of incredible satisfaction for me personally and for my colleague directors on the Board.

I could not be more appreciative of the efforts of everyone who plays a role in the annual operations of this Centre. The clients and those who support them merit special mention for having the courage to address the unknowns and discomfort of change. The dedicated commitment of our staff and management team at the Centre is incredible to observe; they know they are making a difference and they thrive on that knowledge. My sincere appreciation extends as well to all of those who devote their energies to the well-being of the Centre, be it through volunteer work at our treatment sites or helping us to ensure that this community better appreciates the critical importance of this residential treatment program. I extend a special note of thanks to my colleague directors who are devoting time and energy to building and sustaining an effective and meaningful board.

My frustration comes from a personal sense that we as a community of Canadians appear to be falling increasingly behind in the fight to curtail and eventually eliminate the import, manufacture, sale and use of addictive products, particularly those in the opioid category. There remains a gap in the realization that this scourge, combined with concurrent mental health issues, impacts us all in direct and indirect ways and not just those who are personally involved. Stopgap measures alone will not address the crisis; long term planning and resourcing for treatment is essential to any sustainable solution.

Finally, we are implicating ourselves in the formulation of the new concept for the delivery of health care services recently outlined for this province. It is evident that a cohesive, integrated approach to addressing the complexities of addiction and mental health must be developed if we wish to progress beyond the current context of many well intended but disparate organizations doing the very best they can to assist individuals. In this regard, the Dave Smith Youth Treatment Centre has much to contribute, particularly from the standpoint of clinical methodologies, knowledge and experience. We are committed to playing an influential role in the implementation of the Ontario Health Teams concept in the year ahead.

We at the Dave Smith Youth Treatment Centre are incredibly proud of what we accomplish on a daily basis and are committed to constantly strengthening our facilities and services in order to provide the very best care possible to a segment of our population who is in dire need of our collective support.

A handwritten signature in black ink, appearing to read 'David Kinsman', written over a light blue horizontal line.

**David Kinsman**  
Chair, Board of Directors

## Message from the Executive Director



As we enter our 26<sup>th</sup> year of providing life-saving addiction and mental health treatment, there exists a strong temptation to reflect on the DSYTC's storied past. While such recollections are filled with prideful sentimentality and important lessons learned, I firmly believe our organizational attention must remain present and future-focused. As with our clinical 'mindfulness' work with clients, staying grounded in the present allows us to most effectively undertake immediate priorities with determined focus, without becoming overwhelmed by the enormity of the responsibility we assume in our crisis-laden health care environment. Simultaneously, with an eye towards the future we work from a continuous quality improvement mindset, strategically planning a course that is intended to successfully overcome challenges that arise and take full advantage of opportunities that do the same.

As we consider the present, the people we serve, both youth and their families, must always be our priority. So are our dedicated, passionate and talented team members who do such difficult and important work in aiding our clients in every way possible. This dual but complementary focus is our constant 'present.' Sadly, so too is the stigma and shame that continues to unfairly burden those who suffer from addiction and mental health issues. This must change.

We continue to endure in an underfunded sector where treatment capacity is far exceeded by the timely demand for such services. Our residential occupancy rate being just one example of such demand. Additionally, our admittedly stuttering progress in building a new, purpose-built and much-needed 30-bed treatment facility remains a frustratingly ripe opportunity given the stability that would be achieved with prudent capital government investment in this area. We have come a long way in my 19+ years in the addiction and mental health sector, but we continue to have a long way to go.

Looking towards the future, we exist in an environment where significant change is ever-present and we aim to adapt accordingly. As Ontario embarks on a substantive structural re-design of the health care system and the advent of entities such as Ontario Health Teams, we move forward in a collaborative spirit and the eager anticipation of exciting opportunities and new partnerships focused on the betterment of client care – including improved access, coordination and capacity building. We are very appreciative for the partnerships we currently enjoy and the enormous contribution they make to supporting the youth and families we serve.

I remain so incredibly grateful for the opportunity to work with so many amazing people on a daily basis, both inside and outside our organization. Special mention to our staff team, program partners, generous donors and our volunteer board of directors who dedicate countless hours to the Centre. Thank you as well to our clients – our inspiration and greatest teachers. I am truly privileged to do what I do and I look forward to what the future holds.

To learn more about our cause, program, philosophy and impact, please check out our website and connect with us on Facebook, Instagram and Twitter.

Sincerely,

A handwritten signature in black ink, appearing to read "Mike Beauchesne". The signature is stylized and fluid, with a long horizontal stroke at the end.

**Mike Beauchesne**, Executive Director

# Introducing our Senior Director of Philanthropy



We are very pleased to announce that effective January 2, 2019, Cindy Manor assumed the role of *Senior Director of Philanthropy* at the DSYTC. Cindy brings with her a depth and breadth of incredible leadership and managerial experience in media, sales, business development and fundraising. She also possesses an incredible passion for our cause and speaks openly about her lifelong desire to help the DSYTC given her family's experience with addiction and mental health issues. We are so happy to welcome Cindy to the DSYTC team!

It is important to note that in order to maximize both effectiveness and efficiency, internal responsibility for fundraising has been transferred from the Foundation to the Centre. The dissolution of our Foundation is now complete and our new fundraising structure is fully in place. We are very excited about this evolution and the opportunities ahead.

Should you have any questions or comments please contact Cindy at 613-594-8333 ext. 1201 or via email at: [cindy.m@davesmithcentre.org](mailto:cindy.m@davesmithcentre.org)

## Fundraising and Events from 2018/19



# The Organization

Located in Ottawa the Dave Smith Youth Treatment Centre (DSYTC) is a non-profit, community-based agency that is dedicated to helping youth (13-21) and families across Ontario overcome substance use and related issues. DSYTC programs and services include: comprehensive assessment, residential “live-in” treatment, academic programing, pro-social recreation, psychiatric support, nurse practitioner primary care, post-residential continuing care and family services.

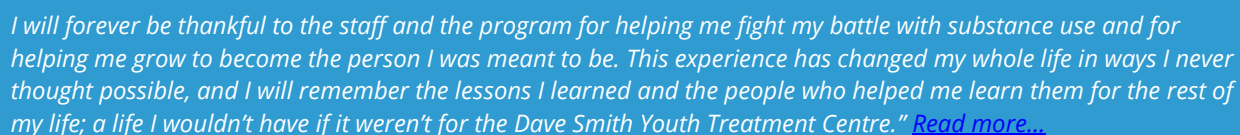
**Our MISSION** is to provide youth and families in need with integrated, evidence-based addiction and mental health treatment, delivered by competent professionals within a caring and compassionate environment.

**Our VISION** is healthy, resilient, youth and families who have hope and life skills for creating a positive future.

## Staff Experience Survey Results

The DSYTC prides itself on being a safe, rewarding and challenging work environment wherein team member feedback is desired on an ongoing basis. Below are key findings from our most recent anonymous staff survey:

- 88%: believe care of clients is DSYTC’s top priority
- 83%: feel their supervisor treats them with respect
- 92%: feel staff they work with treat them with respect
- 93%: report feeling safe while performing their job
- 84%: feel that the DSYTC is a high-quality organization to work for



*I will forever be thankful to the staff and the program for helping me fight my battle with substance use and for helping me grow to become the person I was meant to be. This experience has changed my whole life in ways I never thought possible, and I will remember the lessons I learned and the people who helped me learn them for the rest of my life; a life I wouldn't have if it weren't for the Dave Smith Youth Treatment Centre." [Read more...](#)*

## Student Placements

The DSYTC strongly believes in supporting student learning and development. Eight internships were hosted throughout the year for students from various clinical disciplines.

## Board of Directors

Dave Smith – Founder and Honorary Chair\*  
David Kinsman - Chair\*  
Derek Johnston – Vice Chair\*  
Tricia Goulbourne – Treasurer\*  
Mike Beauchesne – Executive Director\*

Rene Bibaud - Member  
Dr. Mary Brown - Member  
Cameron Hopgood - Member  
Dorothy Laflamme - Member  
Marilyn Reddigan - Member  
Michael Smith - Member

\*Executive Committee

# 183 high school credits

achieved while in treatment

# 22 days

average wait time

# 96%

were satisfied with the  
quality of treatment

# 93%

of our clients would  
recommend DSYTC  
to a friend

# 421

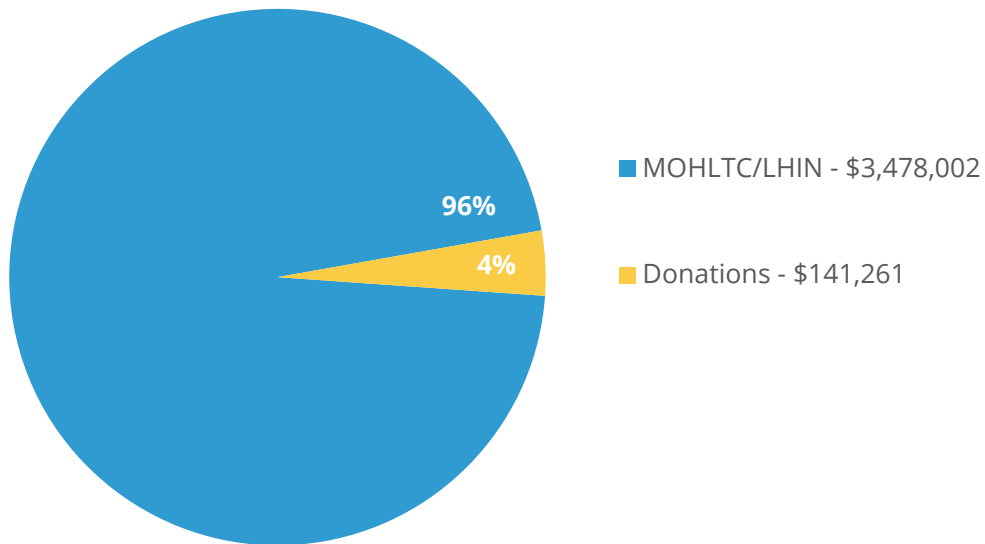
youth and  
caregivers served

# Financial Highlights

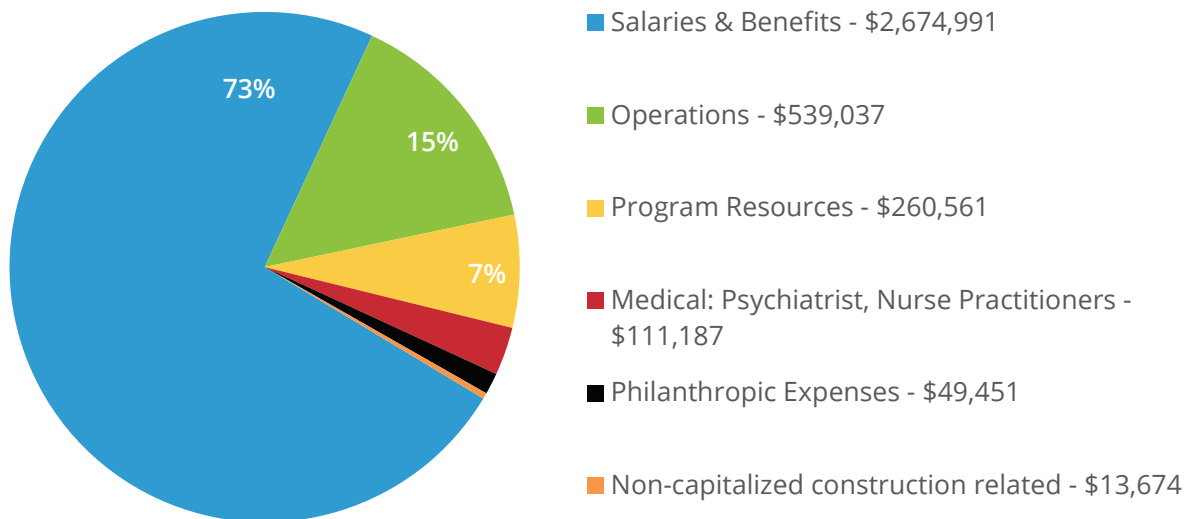
## Summarized Statement of Activities – Fiscal Year April 2018 - March 2019

A balanced budget was once again achieved. Noted deficit is a result of required amortization reporting.

### Revenue - \$3,619,263



### Expenditures - \$3,648,901



For further financial information or to receive a copy of our Audited Financial Statements please email us at [info@davesmithcentre.org](mailto:info@davesmithcentre.org) or call 613-594-8333 ext. 1101.



# Our Clients

DSYTC clientele consist of youth (aged 13-21) and caregivers who reside in Ottawa or in other areas of the province of Ontario. These individuals are in need of evidence-based treatment and support as they cope with the challenges and complexities that exist with drug and alcohol addiction and related mental health issues.

## Age and Gender

- The average age range of our clients is 17-19 years
- 2% are 14 and younger
- 35% are between 15-17 years
- The majority (63%) are 18 years and older
- 61% are male and 39% are female (largely due to having more beds at the male campus)

## Culture/Ethnicity

Primarily (80%) our clients are Caucasian while the remainder self-identify as multi-racial and from other ethnic backgrounds.

## Referral Source

- 44% of our clients self-referred
- 56% being referred by family members or other service providers

## Geographical Area

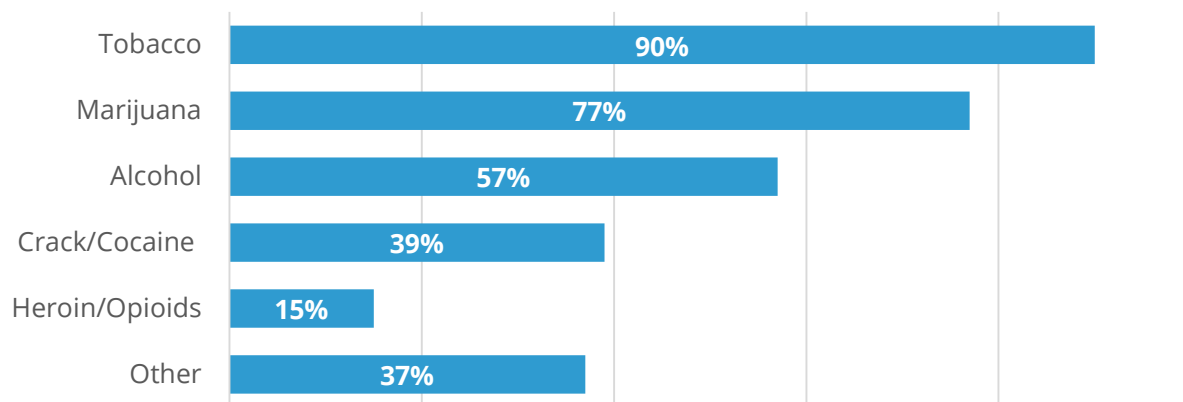
- 41% of our clients are from Eastern Ontario (Champlain region)
- 53% of Champlain clients are from Ottawa
- 59% of our clients are from other areas of the province

## Substance Use

**The majority of our youth misuse *multiple* substances and most use substances daily:**

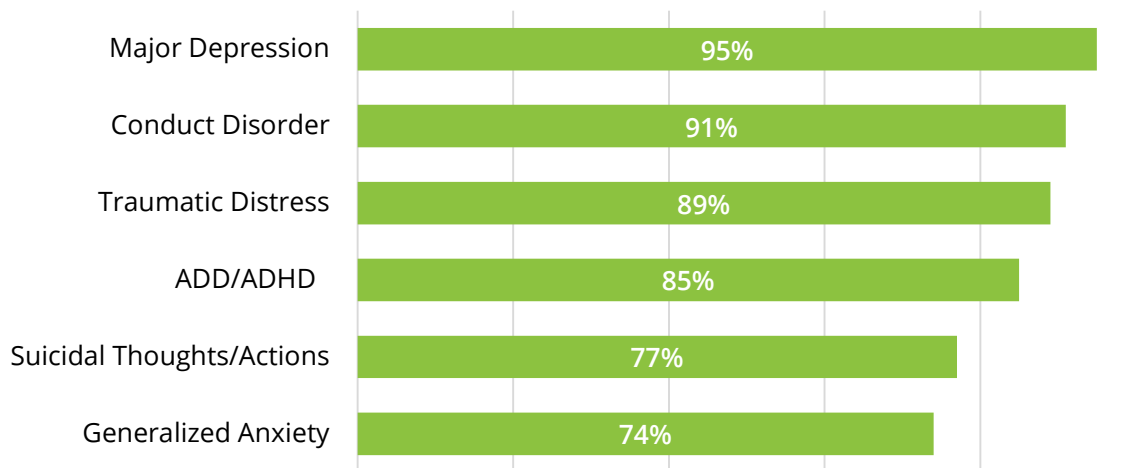
- 100% of our youth commenced using substances prior to the age of 18 (84% started prior to their 15th birthday)
- 87% of our youth have misused substances for at least 3 years

**Substances of choice (i.e., weekly use at a minimum) include:**



## Mental Health

98% of our youth struggle with multiple 'concurrent disorders'. Prevalence breakdown is as follows:



## Family:

The family environment of our youth includes the following characteristics:

- Weekly drug (43%) and alcohol (56%) use in home
- 50% are living in single-parent families (national average is 16.3%)
- A significant number of families have Children's Aid Society involvement

## Academics:

The majority of young people who struggle with substance use have fallen behind in their academic pursuits, been expelled or have chosen to drop-out of school. This past year 49% of our clients were not in school prior to entering treatment.

- 93% report their peers regularly use drugs
- 75% report their peers regularly use alcohol



*I've seen many close friends pass away and overdose and I realized I didn't want to be that person anymore. I still did other drugs to cope with things like past trauma from when I was 15. Doing drugs became my lifestyle since I was 14-15 and I didn't know how else to live without using or getting arrested and end up in a cell." [Read more...](#)*

## Homelessness:

80% have experienced homelessness or have run away from home at some point in their lifetime.

## Other Risks:

- 91% report a history of victimization
- Unprotected sex in past 90 days (68%)
- Multiple sex partners in past 90 days (47%)
- 36% report having current legal problems
- 5% have used needles within the past 90 days

**77%** use marijuana  
at least weekly

**80%**  
of our clients  
have experienced  
homelessness

**98%**

of clients struggle with at least  
one mental health condition

**77%**  
reported suicidal  
thoughts or actions

**84%**  
started using  
substances prior to  
their 15th birthday

# Year in Review

## Our Clients

- 152 youth and 269 family members received services
- 50% completed the residential program
- 37% self-discharged prior to 3-months (varying length of stay)
- 13% were administratively discharged prior to 3 months

## The Process

- The average length of residential stay was 46 days
- 76% completed 14 days or more in residential treatment
- Wait times ranged from 12 to 23 days – average wait time of 22 days
- Occupancy rate for males was 80% and females 87%, overall 83%
- 41 clients received a total of 216 hours of psychiatric services
- 152 clients received services from nurse practitioners

“With the help of Dr. Milin I was able to get the right medications to help me focus and successfully get through the day without seething with anger. I can focus on things a lot better now, and instead of just giving up when faced with a challenge, I push myself to work through it. I feel calmer and I am able to have conversations without bouncing around all over the place from subject to subject.” [Read more...](#)

## Academic Program

Given the relationship between academic achievement and longer-term success in areas of self-confidence and self-efficacy, academic programming is an invaluable part of the DSYTC offering.

In the 2018/2019 academic year, 125 clients attended classes while in treatment. Together they achieved:

- 183 credits granted
- 15 High School graduations

“...when I was using, I no longer did the things I enjoyed like going to a movie with friends or going to the dog park with my family. The only outings I ever ventured out on were to get substances and/or to use them. I really enjoyed the variety of activities we explored such as mini-putting, hiking, rock climbing, a trip to the museum, playhouse pottery, taekwondo at a dojo, little rays reptiles, visiting an animal sanctuary...” [Read more...](#)

DSYTC’s commitment to continuing education was further demonstrated by **awarding 5 youth scholarships** to clients who demonstrated noteworthy progress and a desire to further their academic studies after leaving residential treatment.

“Without DSYTC and the scholarships I wouldn’t have been able to reach my dreams of completing college. I am so excited for what the future holds, I have already started applying for jobs in my field. On March 21<sup>st</sup> I celebrated my three years sober. I am giving back by talking in high schools and different events, sharing my stories to help others.”  
Client

## Family Services

We served 269 caregivers and family members in 2018-2019. Research and our experience has shown that meaningful caregiver involvement in the treatment process leads to the best possible outcomes for youth and families.



*He is supported, I am so grateful. I have learned so much in the past year. It has been a journey and I am confident Michael and I will continue to move forward with the tools we have both found through the DSYTC team.” Caregiver*

Family services are available to caregivers of youth who are currently receiving treatment in the Residential or Assertive Continuing Care programs at the DSYTC.

The direct clinical services they receive include:

- Individual and family counselling
- Ongoing communication and treatment planning
- Crisis support from clinical staff
- CRAFT – Community Reinforcement and Family Training



*We have improved our communication skills, have better understanding of the challenges our daughter is trying to manage and most of all we have learned the power of sharing and creating positive experiences as a family. Hope was something we had lost for a while but we’ve regained it again. Thank you so much for staying positive and walking with us on this difficult journey.” Caregiver*



September 25<sup>th</sup> was proclaimed Dave Smith Day in Ottawa by Mayor Jim Watson

# Program Evaluation

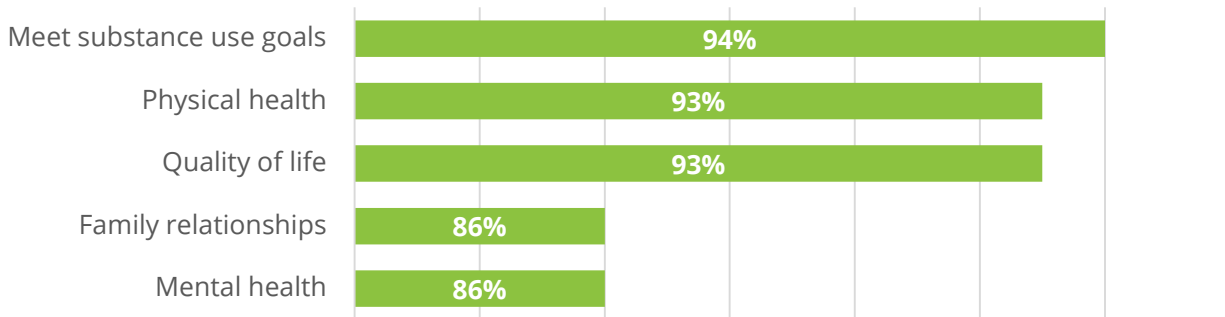


*My mental health has improved so much while being here. I don't have suicidal thoughts everyday anymore and I'm not so foggy. I can make decisions based off of my values, not my impulses. My life doesn't revolve around using and chaos. I have found peace in the calmness of life. My relationships with family has improved...." [Read more...](#)*

## Client progress during treatment

- 99% report feeling safe while in residential treatment
- 96% were satisfied or highly satisfied with quality of treatment
- 93% would recommend DSYTC to a friend in need

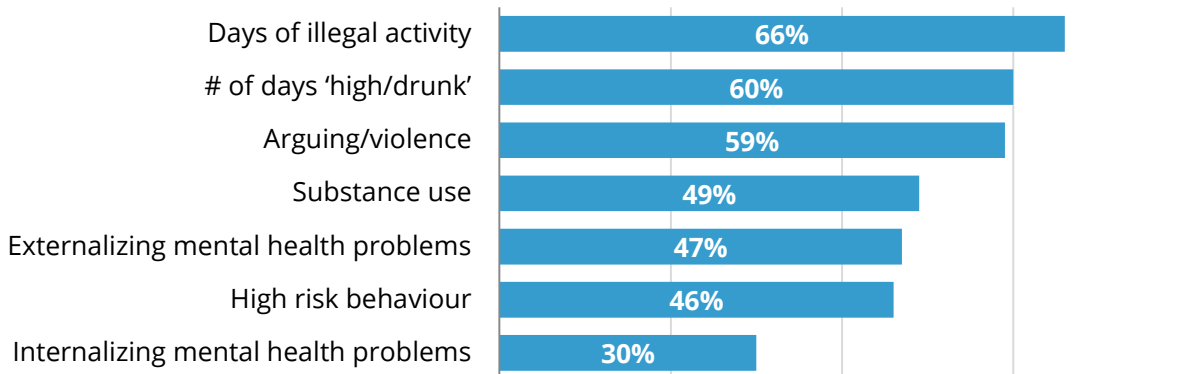
Our clients reported **improvements** in the following aspects of their lives:



## 6-month follow-up (post residential treatment):

84% of clients reported an **increase in overall life satisfaction**.

Clients reported **decreases** in the following areas:



*My assertive continuing care councilor is Laura and I am beyond grateful to have her in my life as a healthy support. The ACC program gives you another person cheering you on through your good and bad days in early recovery. They help you find community resources in your local area for when you're no longer working with them. You can check in with them by phone, text, email, zoom and even face-to-face if your local. They can help you find a job, suggest healthy pro social and recreational activities for you and more." [Read more...](#)*



Our program relies on the financial support of the Champlain Local Health Integration Network, the Ontario Ministry of Health and Long-Term Care, and the generous donors in our community

Registered Charity # 889926242



[davesmithcentre.org](http://davesmithcentre.org)

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