



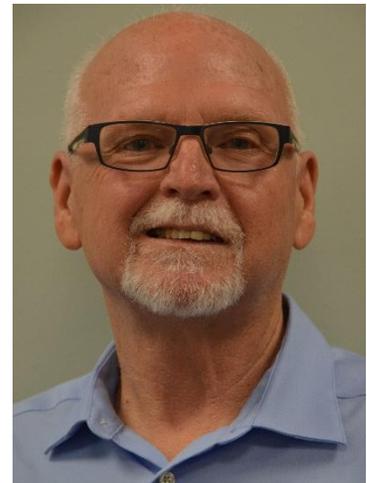
Message from the Interim CEO

It's been my pleasure to work with Pacifica's dedicated staff since early May. I have been impressed on more than one occasion with the commitment of this amazing team to put our clients' needs first and to bear with me during this major learning curve. I would also like to thank former CEO Alison Silgado for her three years at the helm. Pacifica's board of directors has realigned our organization's strategic priorities and we have made changes to reflect these.

Our recent annual general meeting was an opportunity to confirm and share these priorities and I am pleased to let you know that Jim Myers will be continuing as our president for another year. Thank you to the members and alumni who attended and especially to Reive, the program graduate who spoke of his journey, and the complementary program instructors who updated us on their important work.

My background is in health care and that is serving me well in my short-term role with Pacifica. With the opioid crisis and its consequences being so much in the news lately, it has been an eye-opening experience to see the ground-breaking treatment being done here and the efforts to keep clients and alumni firm in their goals and convictions. It has provided me with hope that recovery is possible for all.

Sincerely,
Mark Johns



Interim CEO Mark Johns.

Food for our clients and shelter for our graduates: Thank you, Belkin House

For several years, Pacifica has benefited from its relationship with The Salvation Army's Belkin House. Located in downtown Vancouver, Belkin House offers emergency and supported housing for people in need. Sixty-five of the 80 beds in its transitional housing program are devoted to its Personal Development Plan (PDP) program. This program works with people who have mental health and/or addictions issues and who would otherwise be homeless or living in unsafe housing.



Belkin House in downtown Vancouver.

“We welcome Pacifica alumni to our PDP program; they typically make up about 20-25 per cent of the program participants in a given year,” said Belkin House’s Manager of Transitional Housing Dave Burrows.

Those new to the program begin by participating in life skills workshops. After this initial stabilization period, Belkin House staff work with them to build supports in the greater community. People can be part of the program for up to 18 months; the average stay is 11 months.

“I tell Pacifica’s staff that their clients tend to be really prepared to discuss what they’re going through in depth and this makes it easier for our case workers to work with them,” added Dave. “They have good insight into their recovery and their emotional stability. They tend to have a holistic approach to their recovery, both physically and spiritually.”

Pacifica also benefits from the generosity of Belkin House’s food services department. Any time Pacifica offers alumni the opportunity to participate in its culinary training program, its director of community development (and former chef) Alvin Chong first provides the FOODSAFE certification instruction.

“We have our own culinary programs and I’ve been teaching FOODSAFE since 2003,” said Alvin. “To make the program worthwhile, you need the right number of students, so it’s great that Pacifica’s alumni can piggyback with our own residents.”

Belkin House also receives a large quantity of donated food, often more than it can use. Steven Leece, the food services supervisor, shares the wealth with other service providers including Pacifica.

“We try to support our partners as much as we can,” said Alvin. “Pacifica’s kitchen supervisor, Ianna Yelchinko, comes by about once a week to pick up some of the food we can’t use... it’s probably worth in the neighbourhood of about \$400-\$500 each time.”

Thank you, Belkin House, for your support of our clients and alumni!

Changes to Pacifica's exercise program

There is growing evidence that demonstrates a connection between physical fitness and positive outcomes for people in recovery from addiction. Given this, client participation in Pacifica's core exercise program (walking and running clubs as well as basic training at Trout Lake Community Centre) became mandatory parts of our treatment on June 1. Clients who had entered treatment prior to then can choose to participate or opt out. Once about two-thirds of clients are taking part in the program, they will be organized into four pods depending on their level of fitness so everyone will be at a place where they are comfortable.



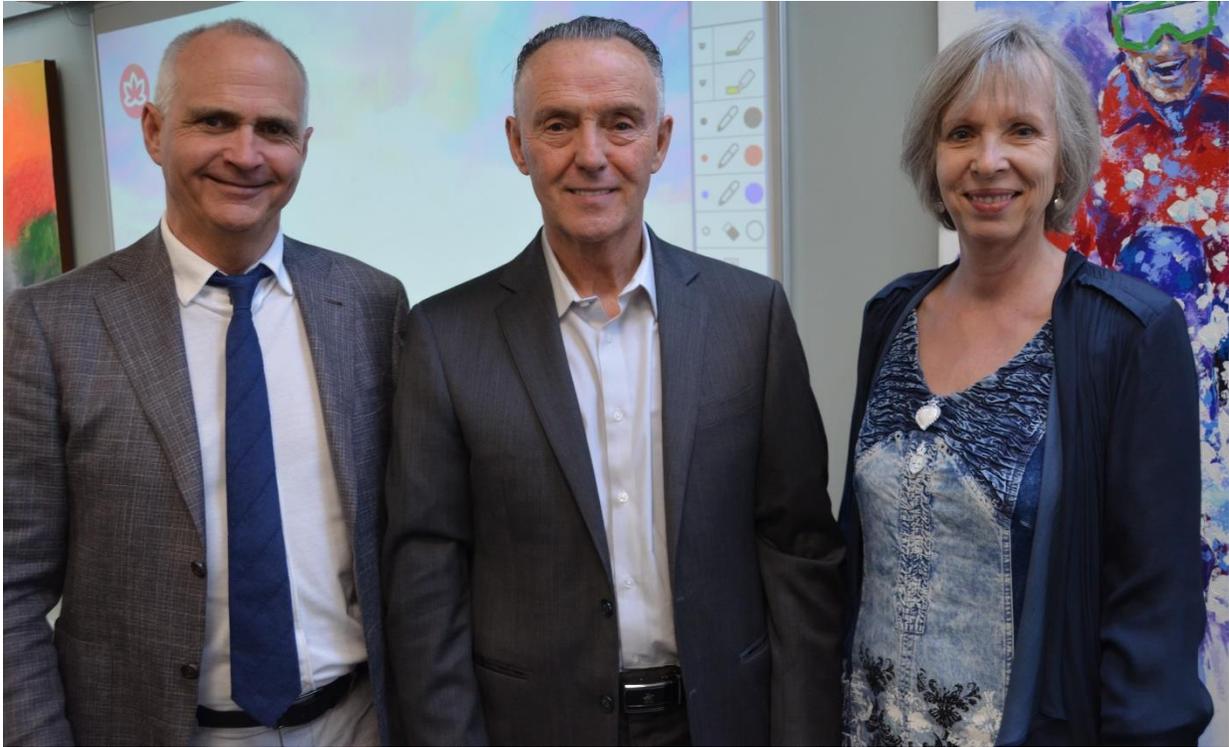
UBC's Kinesiology Department has been working with us over the past several months on a research project to further explore the connection between fitness and recovery. Researchers have been gathering data regarding our clients' attitudes and habits towards physical fitness. They will soon move to the next stage in their research. Clients began receiving activity monitoring devices this month and the researchers will use the data these collect to compare levels of fitness participation with rehabilitation outcomes.

Annual general meeting

Pacifica's AGM was held at the centre on June 11. Thank you to everyone who attended and especially to Reive for sharing his recovery journey and his kind words about Pacifica. Thank you also to our complementary program partners: June Hutton, our creative writing instruction; Sarah Peacock, our art therapist; and Diane Farnsworth, our expressive arts therapist. All three told us about their work with our clients.

The board of directors was elected with Jim Myers remaining as president. We also paid tribute to Mark Zuberbuhler, who has served Pacifica in many capacities including board president and interim CEO. Mark has now stepped down from the board and we are grateful to him for his leadership.

The meeting confirmed that Pacifica is in great shape financially thanks to our funding partners and donors and that the board remains committed to providing client-focused quality care.



Board members (from left): President Jim Myers; Jerry Cox; and Vice President Patricia Stephens.



Past board member (and president) Mark Zuberbuhler's many contributions were acknowledged.



Staff and board members attending the AGM included (from left): Sadia Ramirez; Erin Offer; Jim Thompson; and Ross Gledsdale.



Complementary program instructors Diane Farnsworth (left) and Sarah Peacock.



Staff members Denise Taylor (left) and Ianna Yelchinko.

Board snapshot: Patricia Stevens

Quality improvement has always been a priority for Patricia. She applied those principals to her work at Fraser Health for 15 years as well as at UBC where she was the executive director and chief of staff in the President’s Office for eight years. Now retired, she serves as vice president on Pacifica’s board of directors.

“During my work in healthcare, I saw the effects of addiction and I also had the opportunity to work with Dr. Evan Wood at UBC on creating a centre of excellence in mental health and addiction,” recalled Patricia. “It got me thinking about how I could help, which led me to Pacifica.”

Patricia sees her role on the board as one that helps our organization grow and innovate.

“It’s about making Pacifica the best it can be,” she said. “I’m there as a support and to help make growth and innovation happen. My knowledge and background in project work mean I can help.”

Pacifica’s strengths in Patricia’s eyes include its welcoming environment built on solid clinical practices.

“We serve a niche market: vulnerable, low-income people. For many, I suspect their time at Pacifica is their first opportunity to look at themselves and find the genesis of their disease. I see lots of engaged clients when I visit. For those who stick with the program, the results are amazing and powerful.”



Patricia Stevens.

Staff profile: Meet Ryan Grossi, Counsellor

Ryan has been a familiar face around Pacifica since his student days: his first interactions with our clients began in 2015 as a practicum student. He then joined the counselling staff on an on-call basis in 2016 and made the leap to full-time staff earlier this year.

As a counsellor, Ryan works with clients both in group settings and on a one-to-one basis. He runs the orientation group where clients begin to both explore their feelings and learn healthy ways to manage their emotions prior to the more in-depth work that occurs in process group.

“In addition to having an individual caseload, I, together with the rest of the counselling team, run psycho-educational workshops on a variety of topics related to mental health and addictions including relationships, boundaries, shame, denial, craving management, and relapse prevention,” said Ryan. “As a counselling team, we also have a shared responsibility of facilitating the weekly alumni meetings.”

Ryan is also responsible for facilitating one of the two family day programs offered on a monthly basis. For him, one of the most rewarding aspects of his job is seeing clients persevere in their recovery during particularly difficult moments.

“These are the times when clients both access and become more aware of their personal strengths in order to work through challenges, learn from their trials, heal, and grow.”

Ryan believes the Pacifica team’s strength comes from helping clients discover – or rediscover—a sense of meaning and purpose in their lives, something that addiction has taken away.

“We walk alongside our clients as they rediscover their ‘authentic self’ (what has been buried by addiction) and ultimately build hope by reconnecting with what gives them meaning and purpose. It’s a privilege to see clients individually and as a community applying their insights, changing their behaviours, connecting with their emotions in healthy ways, and supporting one another in their recovery journey.”



Ryan Grossi.

Volunteer profile: Shawn Beaton

The opportunity for Pacifica clients and alumni to include martial arts in their exercise regimen became a reality earlier this year. An expert martial artist, Shawn Beaton, is offering the program Saturdays between 11 a.m. and noon in Norm Duncan Hall.

Shawn designed the program specifically with Pacifica clients in mind. Outcomes for participants including increased fitness, street confidence, and self-defence capabilities. This is a non-contact environment; participants use pads.

“The class is an introduction to martial arts that I hope will inspire clients to continue on with the sport once they leave Pacifica,” said Shawn, who is volunteering his time and expertise. “It’s an outlet for clients; a way for them to get outside of themselves for an hour and release that intense energy that can be hard to dissipate, while still maintaining control and being safe and respectful of others.”

Shawn describes martial arts as a very active form of meditation. Training can provide skills for self defence, as well as help participants develop self control and self respect.

Each week anywhere from three to 10 clients join Shawn for practice and he is also pleased to see alumni who return to participate.

“Some of these people have improved immensely,” he commented. “Their skill level is a lot better. The program’s shape and form changes according to what clients want and need. For some, it’s their first try at martial arts. Once they discover how fun it can be, they like coming back.”

Shawn sees the class as a form of service and a way of supporting his own recovery.

“It gets me out of my head, and I like seeing people inspired to continue of with martial arts after Pacifica. Planting that seed is very rewarding. It’s nice to be of service and to share a part of myself.”



Martial arts expert Shawn Beaton overseeing one of our martial arts classes.

The difference donations make

Donations have the potential to turn a great experience at Pacifica into an extraordinary one. They are what allow us to offer extra services and programs. The 12-month passes to Vancouver Community Centre programs clients now receive, for example, are a generous donation from the Vancouver Parks Board. The kind folks who donate to Pacifica in the month of June as part of the [Great Canadian Giving Challenge](#) are helping to support the purchase of all the wonderful fresh fruits and vegetables our clients are eating as a direct result of adopting healthier lifestyles.



If you can, please consider making a donation. In addition to our [website's donation page](#), we have a [CanadaHelps page](#) where you can donate to us. Both sites allow payment via credit cards and donations over \$10 receive a tax receipt from the organization you make your donation through. Thank you!

Major donors: April to June

Special thanks to BMO, the Hamber Foundation, the Schein Foundation, and Sobeys for their generous donations over the past quarter.

Pacifica Treatment Centre Society's mission is to promote health and recovery from addiction through treatment, education and support that strengthens individuals, families and communities.

As a non-profit organization, we rely on our funders and donors for their generous support. If you would like to make a donation to Pacifica, please visit our [website](#).