Alcove

Addiction Recovery for Women

ANNUAL

IMPACT REPORT

SERVING THE WOMEN OF ALBERTA ON THEIR SOBRIETY JOURNEY SINCE 1972

2021 YEAR IN REVIEW

2021 was a year of refresh and reset for Alcove. From the low notes of the pandemic to the high notes of being able to receive clients in person again, Alcove was able to embark on a number of new initiatives, coupled with new funding opportunities.

Serving over 58 women and 37 children between January and December 2021, the power of Alcove's programs are proven through the stories of the clients who pass through our doors. Alcove is truly a unique organization that gets to the heart of addiction issues, with a distinctive factor of the ability to have their children with them as they heal - an ability that no other treatment organization can claim. As well, the focus on gender-specific, trauma-informed treatment has allowed these women to centre on dealing with their addiction issues in a deeper, more meaningful way to leading sober lives.

Our Board and Staff continue to be dedicated to helping women conquer their addiction through compassionate understanding and providing real tools and skills to support them in living in a sober world.

OUR MISSION

Acceptance
Each woman's inherent worth and dignity deserve honour and respect.

Compassion
Women who face overwhelming challenges need to be understood, valued, and supported.

Wellness
True health brings together the body, mind, and spirit.

Empowerment
Adversity can be overcome through education and by acquiring life skills.

Accountability
Recovery demands responsibility. For more than forty years, Alcove has been helping women turn their lives around and break the cycle of addictions, abuse and mental health distress.

LETTER FROM EXECUTIVE DIRECTOR

After such a trying and uncertain couple of years, it has been a very rewarding year for Alcove. Amping up our efforts to create solid foundations in our programs, we embarked on some new initiatives to serve our clients in unique ways, and expanded our reach to secure sustainable funding for the near future. We secured new secure funding through Alberta Health Services, allowing us to have an additional 10 Treatment beds and 5 Recovery Community beds. Our Recovery Community was able to help 15 women, allowing them to stay longer so that they can continue their recovery journey.

The pandemic forced Alcove to look at addiction treatment in new ways. We launched a very successful Online Treatment Program, that saw over 42 women get immediate treatment before they were able to get into Alcove or other treatment centres. We launched a new website and communications plan, that allowed us to increase our circle of donors and clients. And, even though we were not able to run The Peanut Butter Classic in 2020, the event in 2021 managed to raise over $110,000 for our Family Treatment Program.

I take great pleasure in working with our clients and staff. It is a completely thankful role that I get to see our clients go from being wounded, hurt and scared to flourishing, bright, smart, funny and engaging women. Every day our small but mighty Staff have a heavy hand in the transformation of these women, to help live sober, expressive, significant lives, for their children and most importantly, for themselves.

Thank you to the Board, Staff, The Peanut Butter Classic, Shane Homes and all of our individual and corporate donors for your unwavering support of Alcove. You have touched the lives of many - more than you know.

Shelley Heartwell, Executive Director
Alcove Addiction Recovery Centre for Women

2021 HIGHLIGHTS

"My hope is for as many wounded women to have the environment Alcove gives. They say women are the pillars in the community, back bones in families. If Alcove can help mothers, daughters, sisters, Aunties, grandmother's and friends heal and remold themselves for the greater good of the world, why not help support Alcove in that ripple effect."

- The Peanut Butter Classic raised over $110,000 at the annual Women's Charity Golf Tournament
- The Silent Auction at the Peanut Butter Classic raised over $7,000.
- Received new funding sources from organizations, corporations and private donors
- Rotary House (Calgary Stampede) provided a new dishwasher, washer and dryer for the Individual Treatment Program.
- The Shaw Charity Classic "Birdies for Kids" drew in $8,500.
- Rotary House (Heritage Park) donated $10,000 towards anew gazebo, and the backyard of Elderberry House (Family Program) and was cultivated with new sod
- "Hearts of Blue" of Alberta Blue Cross donated both art supplies and new comforters and pillows for our residents
- The #HopeforHer campaign during the Christmas period collected over $12,000 in individual donations

BY THE NUMBERS

INTAKE REQUESTS IN 2021

184

WOMEN SERVED

58

TOTAL CHILDREN WITH THEIR MOTHERS 2021

37

98%

OF ALCOVE'S CLIENTS WOMEN REPORTED HAVING INCREASED KNOWLEDGE AND AWARENESS OF SUBSTANCE USE/ABUSE AND CONSEQUENCES

CLIENT BREAKDOWN

62% CAUCASIAN

37% INDIGENOUS

1% IDENTIFY AS OTHER

70%

OF THE WOMEN COMPLETED OUR 90-DAY TREATMENT PROGRAM, WHEREAS THE INDUSTRY AVERAGE IS AROUND 43%

"The support I receive continues to challenge me to be the best version of myself, which was something I was never allowed to be. I am not WHAT has happened to me, I am WHAT I CHOSE TO BECOME. Sober, and unapologetically, myself."

JENNIFER'S STORY

I came to Alcove in January 2021. I had already completed two other treatment programs, yet I was still so broken and scared. I had completely lost everything in my life and was fleeing domestic violence. I showed up with two suitcases, everything I owned. I was struggling to stay alive. My battle with my life had been going on for 20 years. My addiction and the dangers of the life I was living found me homeless, broken and hopeless. I had lost my home, my vehicle, my kids were apprehended by CFS, I had lost the trust and connection of anybody and everybody that loved me.

This is where I was at when I arrived at Alcove. I was extremely mistrusting and very afraid, but I was so desperate. I hated myself, I was filled with such guilt, shame, doubt and anger. I also felt worthless. And yet I found myself in this place called Alcove, and was welcomed in and although I was afraid I felt completely safe. I felt at home. The staff and clients made me feel a part of the group / family - something I hadn't felt in years. Within one week I opened my heart and cried, and cried. And they accepted me and loved me through those first weeks, actually all the way through.

The impact that the love, safety and support had on me allowed me to be completely vulnerable and allowed me to open all the broken pieces of my heart and truly be me, without any masks. The core groups which are trauma-informed, pushed me to talk about my pain from my past, my grief and loss of two children, my childhood trauma, my guilt and shame. Alcove taught me how to build my self-esteem again. There was always someone I could talk to anytime, day or night. The support and true caring and compassion for us girls gave me a whole new perspective on life, and myself. The unity of us girls was outstanding and the staff made sure that it was always a safe place emotionally as well as physically, spiritually and mentally.

Anytime any issue arose they were immediately dealt with in a loving way so they could maintain a safe environment in which to heal. The nurse practitioner came once a week, also the psychologist. I learned gratitude, patience, respect for myself and others. I learned responsibility, accountability, I learned to love myself and forgive myself. I learned how to let go of my past. I learned hope for a new life I also learned how to communicate, set boundaries, and how to live for today. And how to stay present in the moment. I learned tools to manage my thoughts and feelings. I learned my new hobbies and interests.

Alcove also supported and still does support visits with my kids and my communication with my caseworker with CFS. Words cannot express my gratitude for Alcove. Since being here my visits and relationships with my kids and CFS have drastically improved as well as my family Alcove is unlike any other treatment centre because they take such pride in truly helping the girls that come here. Alcove has also inspired me to want to work in addictions and I have hopes of one day working for Alcove. This feels like home for me.

I truly believe that if there were more places like Alcove, it would help so many women truly change for good. Real change. I will never be the same. Today I am 7 months sober but more than that I am not afraid and I believe my life is truly beginning now. I am so blessed to have been one of the few chosen ones to have the opportunity to heal, grow and change. It's all thanks to my desperation and mostly Alcove. Today I choose to live, and I am truly excited to see where my life will take me. Alcove has become part of me. These women are my tribe, my family.

Thank you Alcove for loving me when I couldn't love myself. You brought me back to life and I am forever grateful for this beautiful experience and a second chance in my life. - ***Love always, Jennifer***

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THANK YOU

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ADDICTION TREATMENT RESIDENCE FOR WOMEN AND THEIR CHILDREN