

THE KOOTENAY BOUNDARY SUPPORTED RECOVERY BED PROGRAM (KBSRP)

Annual Report
April 1, 2019 - March 31, 2020

ABOUT US

The Kootenay Boundary Supported Recovery Program (KBSRP) is a Recovery Bed program for individuals who are 19 and older who wish to change their relationship with substances and who believe they could benefit from a structured and supportive environment while doing so. The KBSRP provides counselling and life Skills support, as well as housing in 3 substance-free recovery homes across Nelson, BC, for up to 6 months. Participants attend one hour of group per day and connect 1:1 with a clinical counsellor and an assigned life skills worker once a week. The KBSRP opened its doors in February 2017 and we are proud of the way our program continues to grow and adapt to the needs of our participants and our community.

This year we supported 22 individuals, 8 of whom graduated the program and 2 of whom self-discharged prior to their graduation date. While the remaining 10 participants may not have technically graduated the program, we have continued to witness the importance of holding a flexible definition of “success”. Our team prioritizes supporting a positive shift in someone’s relationship with substances and we recognize that this shift can come in many forms.

OUR VISION:

A home where people build bridges to a full, rich, and beautiful life in a community where they feel they belong.

WE STRONGLY BELIEVE:

- **We are all on this journey together**
- **Community is essential for healing**
- **We all have our own relationships with substances**
- **Change is always possible**
- **Success looks different for each one of us**
- **We have a right to define our own recovery and receive support that is free on stigma, judgement, and shame**
- **We have a responsibility to reconciliation and Indigenization**
- **In creating a safe and welcoming space for all LGBTQIA+ and Two Spirit people**
- **We are all worthy of respect, dignity, love, and the opportunity to live our best life**

RECREATION

We have continued to expand the recreation portion of our program and we are proud to offer a diversity of opportunities for participants to engage with the natural beauty of the land surrounding Nelson. Activities this year have included a day at the ski hill, trips to the Yasodhara Ashram, horseback riding, hot springs, walks, hikes, beach days, snow shoeing, ice fishing, outdoor fires, and group meals. We offer one half day recreation activity a week and one full day recreation activity on a monthly basis (at time of reporting, these activities have been temporarily suspended due to COVID-19). Additionally, we try to offer individual support outdoors as is appropriate, for example a life skills worker might take someone on a hike, walk, or bike ride for their weekly individual support session.

PARTICIPANT-LED GROUPS

This year, we had two participants in the program who were interested in facilitating staff-supported groups for their peers on topics that they felt passionate about in their recovery. Their group topics included gratitude journaling and Refuge Recovery. These groups were valuable additions to our programming, and we hope to be able to support more participants to share their experience and knowledge with their peers in this way.



Image: Setting off on a late spring trail ride. This is one of our most popular activities.

PEER SUPPORT

We are excited to announce that within this year we welcomed our first peer volunteer to the program. Adding a peer support component to the program has been a dream from the beginning and we are happy to see it come to fruition! Thus far, our peer volunteer has attended both in person and online groups, with plans to attend recreational programming once COVID-19 restrictions have been lifted.

PROGRAM VISIONING

This year we were fortunate to bring in an exterior consultant to facilitate two visioning sessions for program staff and our community partners. These sessions were aimed at creating our future vision for the program and at formulating our vision and belief statements (see them above in the “About Us” section).

COVID-19 RESPONSE

Like so many programs, the COVID-19 pandemic has affected the way we deliver service to our participants. As an additional challenge, the KBSRP clinician has been away on a leave for the duration of this crisis. Despite this, our life skills team has been adaptive and committed to continuing to offer comprehensive and meaningful support our participants. Throughout the pandemic, we have offered online groups five days a week through Zoom and individual support through phone, Zoom, and physically distanced in-person connection. We have created a private Facebook group for participants and graduates of the program that has offered participants and staff the opportunity to share resources and connect virtually. Additionally, we have extended an invitation to potential participants on our waitlist to take part in our virtual groups five days a week while we are waiting to begin intakes again. We have also opened this option up to individuals who graduated the program during this time as part of our aftercare plan. This has offered those on the waitlist and those who have graduated a chance to connect with staff and current participants during a time when many have struggled with social isolation and has increased the feeling of community in the groups themselves.

Supporting participants in this new format has not been without its challenges, but we remain committed to creating adaptive policies that are supportive of the people we work with and to maintaining a focus on balancing safety with autonomy.



Image: Taking in the view on an October hike up Pulpit Rock.