

ANKORS



Kootenay Boundary
Supported Recovery
Program Annual Report
April 2022 – May 2023
Joel Winegarden

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 2 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.

Enjoying the sun on a walk with program participants.



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This year we supported 21 individuals, 10 of whom graduated from the program, 1 person who self-discharged prior to their graduation date. Although 7 participants may not have technically graduated from the program; we have continued to witness the importance of holding a flexible definition of “success”. The remaining 4 participants continue to be active in the program today. 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 of stigma, judgement, and shame.
- We have a responsibility to reconciliation and Indigenization and in creating a safe and welcoming space for all LGBTQIA+ 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 old growth forest, horseback ziplining, 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 monthly. This year, we have been presented with the opportunity to offer cross-country skiing and snowshoeing to our participants. This program is funded by Participacion and in collaboration with the Nelson Cross Country Ski Club. This partnership has been so beneficial for our program, and we are happy to announce that will be able to offer this in the years to come. 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 boredom in

recovery and an art workshop. 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.

PEER SUPPORT

Our Peers Program has continued to be a great success for both those offering support and for those receiving it. We are proud to offer an honorarium to our peers to recognize their contribution to our program.

Program participants out for a hike



NEW HOUSE



This year we have purchased, renovated, and moved into a new space! It has taken a lot of hard work by a lot of different people to get us here, and we could not be more grateful for all their dedication and efforts. Our new space has 5 bedrooms. Previously, we had those beds spread out in a scattered site model. Under this new communal living model, we have witnessed the transformative effects community can bring to a recovery environment. The new house has come with many challenges, such as a new staffing model, new programming model, providing meals, managing interpersonal dynamics, and much more. We have seen great success in these areas and continue to learn and grow alongside our program's participants.

Rear view of the new house

COMMUNITY INTEGRATION

At the KBSRP we assist our participants to capitalize on the momentum they've created with us and seize their family, career, education, or any other goals they may have. Recovery is a fertile process where fences can be mended, goals can be accomplished, and even for dreams to come true. We have seen much success with our participants volunteering in community, entering or continuing higher education through Selkirk College, leading by example in our peers program, and striking out on new or previous careers. It's humbling to see where our participants can go after they leave our doors, and we are so grateful for the time we spend with each of them.