




ANNUAL REVIEW 2017



The background is a vibrant, abstract painting of a face. The colors are primarily deep blue, bright red, and yellow, with some white and light blue accents. The texture is thick and expressive, suggesting a style like Impressionism or Fauvism. The face is partially obscured by white, irregular shapes that look like cutouts or negative space.

We think, we feel, then we act.
We look out for each other and
have a genuine concern for each
other's wellbeing and recovery.

Everton 
Aftercare Client 

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OUR MISSION

Helping addicted persons heal
and lead productive lives.

OUR VISION

To be the leading, internationally accredited institution in the
Caribbean in addiction treatment and counselling training.

OUR VALUES

Treat every person with dignity and respect | Committed to the 12-step fellowship
| Always hopeful and understanding | Open to new ideas | Teamwork

Company Registration No - 12928 | Charity Registered Number - 206

Registered Office: Verdun House, Pool, St. John, Barbados

Our Lead Team

Board of Directors

Peter N. Boos, F.C.A. Chairman
Norman Barrow
Nicola Berry
Dr. Ronald Chase
Dr. Toni Nicholls
Tristan Millington-Drake
Katrina Sam
Christopher Sambrano
Dr. Barbara Trieloff-Deane
Pauline Tully

Executive Team

Peter N. Boos F.C.A.
Chairman

Marietta Carrington
Chief Executive Officer

Bernard Pooler
Director - Finance & Administration

Angela Sealy
Director of Clinical Services




A photograph of a desk with a pen nib, an inkwell, and a plant stem. The desk is a light brown color. On the left side, there is a green plant stem with small, oval-shaped leaves. In the top right corner, there is a dark blue inkwell. Below the inkwell, there are two fountain pens. One is black with a silver nib, and the other is dark red with a silver nib. The pens are resting on a white sheet of paper.

Message from the Chairman & Board of Directors

In 2017, The Substance Abuse Foundation Inc. continued to strongly execute its strategic mission of helping addicted persons heal and lead productive lives.

We are deeply grateful for the tremendous support provided by our many benefactors.

The generous philanthropy of The Julia and Hans Rausing Trust and The Maria Holder



Memorial Trust underpin our operations and is complemented by the efforts of other numerous donors, volunteers and corporate partners in the Private and Public Sector.

Apart from providing financial support the Government and its agencies (e.g. The Drug Treatment Court), NGOs (e.g. PAREDOS) worked closely with us and played a critical role in the efforts to mitigate the destructive consequences of the disease of addiction.

Without these key partners, combined with the calibre of our professional team, a world-class facility such as The Substance Abuse Foundation would not be a reality.

It is worth emphasising that Verdun House and Marina House are the only residential addiction treatment facilities in Barbados. Our work is monitored and supported by Action on Addiction in the UK and Hazelden Betty Ford in the USA.

Sustainable charities are driven by the impact they achieve—the lasting difference they make to the issue or the people with whom they work. The SAF is a leading health care facility in Barbados and the region. With its programmes designed to support individuals in leading healthy and productive lives, The SAF not only addresses fundamental social issues such as addiction, crime and domestic abuse but also provides education and skill training in addition to work arrangements through vital corporate partnerships.

To complement this, we maintain a number of micro-businesses (animal and vegetable farms, a bakery, lawn & garden



maintenance services) to reduce costs and provide work arrangements and some income for our clients.

Without doubt, sustainability is a key thematic driver in delivering impact.

On an organizational level, the need for sustainable solutions has never been more critical, especially given the current economic climate and tidal pull for donors to direct available funds to disaster relief in the region and other vital social needs in our Communities.

Focus on sustainability

In our 2016 Annual Review, I shared that 'social enterprises that operate on a 'for-profit' basis may suggest a more dynamic and sustainable model for delivering impact in our society. The SAF is seeking to pursue such a model'. (Annual Review, 2016).

In 2017, we embarked on the first of several carefully planned Renewable Energy revenue generating initiatives. The main thrust in phase 1 is to use our own assets (buildings and land), and transform a cost-effective source of energy (solar energy) into a commercial revenue-producing social enterprise.

The SAF already demonstrates best practice standards in support of environmental programmes; this Renewable Energy

project builds on our track record of leadership and innovation in pursuit of a 'greener economy' whilst reducing costs and generating commercial revenues.

Another critical area of sustainability is that of continuing to raise funds, while building brand awareness through key fundraising partnerships. In addition to the great results of our signature Diamonds International Golf Tournament, superbly executed over many years by Pauline Tully (Director) and the SAF team, in 2017 we partnered with The Tides Restaurant. Our newly elected CEO, Marietta Carrington, along with Barbara Trieloff-Deane (Director), demonstrated outstanding leadership in this vital partnership between

Without these key partners, combined with the calibre of our professional team, a world-class facility such as The Substance Abuse Foundation would not be a reality.

The SAF and The Tides teams. We are deeply indebted to Tammie and Guy Beasley who ultimately hosted an exceptional evening on 10 June 2017, securing many sponsorships and donating their restaurant to show-case a top-class event, raising over BBD \$250,000.




In our report we gratefully highlight all those who have contributed and include heartfelt thanks and gratitude to the following: Royal Westmoreland Golf and Country Club and Diamonds International for their sponsorship of our Golf event; Clarke, Gittens, Farmer and Hal Hunte, Southalcar for donating many hours of professional services; CIBC First Caribbean, The Barbados Community Foundation and Automotive Art, through whose donations and support our poultry business doubled in production; The European Union for donating ergonomic equipment; Holy Trinity Anglican Church, Thornhill (Canada) and The Caribbean Event (Canada) for supporting our Culinary program and Computer Lab respectively.

Looking ahead

In 2017 SAF celebrates twenty-one years in operation. In a symbolic coming of age, SAF has provided rehabilitation services to just under one thousand men and women and their families. As research tells us, for every person suffering from addiction, twenty others are impacted through their social network of family, friends and work place colleagues. By extension, therefore, our programs since inception have both directly and indirectly impacted a social network of at least 20,000, the equivalent of a mid-sized parish in Barbados.

As we know, one of the most devastating experiences in any family is to lose a loved one, including losing a life to addiction. We are driven

by a passion to make a difference and we will do so by reinforcing our outreach and impact, building the skills of our professional team to meet the increasingly complex issues of mental health and addiction (opioid abuse in the US was recently declared a national public health emergency); and by focusing on sustainable solutions. In keeping with continuing to enhance our bench strength, in 2017 we appointed our new Director of Clinical Services, Angela Sealy; and welcomed Chris Sambrano, a senior Partner of EY Caribbean, to the Board of Directors.

From my heart, thank you for your tremendous support over the year. We cannot do it without you. 

Peter N. Boos F.C.A.
Chairman

The SAF already demonstrates best practice standards in support of environmental programmes; this Renewable Energy project builds on our track record of leadership and innovation in pursuit of a 'greener economy' whilst reducing costs and generating commercial revenues.

Clinical Highlights

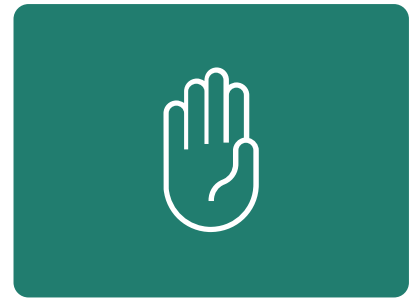
Two of the clinical strategic intents for the period under review were to strengthen all aspects of our treatment and recovery services within the continuum of care and increase our emphasis on an integrated model of treatment and recovery services.

We continued to be relentless in our efforts to uphold the integrity of our twelve steps tradition while incorporating other evidenced-based and creative solutions in all of our programmes— all designed to meet the growing complex needs of the men, women and families that are afflicted by the disease of addiction.

However, during the period under review, we experienced a 10% dip in the number of clients who entered residential treatment. 67 clients versus 77 in the previous reporting year. Our outpatient (off campus) clients were approximately 20 individuals, excluding family interventions. These admissions now take the total number of persons who have accessed residential treatment at our facilities to 930.

Marina House - Women in Treatment

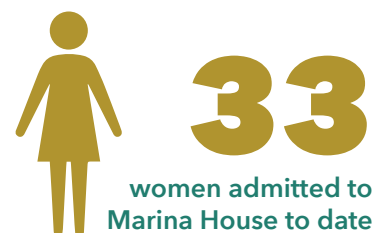
Research consistently shows that women often find it far more difficult to enter treatment than men. We are observing this to be the case at Marina House as well. The total number of admissions of women to Marina House to date is 33. Among them they had 70 children of which 46 were minors. The day-to-day care of these children is a major consideration and often a deciding



persons in total have accessed residential treatment at our facilities



outpatient (off campus) clients, excluding family interventions.



women admitted to Marina House to date



children total belonged to the women. 46 were minors

factor which is a barrier to entering a 90-day residential treatment programme.

During the reporting period, 11 women were admitted to residential treatment however, we continue to be currently engaged with prospective clients guiding them through the entry process.

We have started the process of piloting a pre-treatment/engagement programme by offering counselling services on an outpatient basis to women who are in need of help, but are not yet open to going through the entry process for residential treatment. The goal is to establish a therapeutic alliance with these women so that they become more open to entering residential treatment.

In the coming year, we will accelerate our outreach efforts to make treatment more for accessible to individuals and families including those who may require out-patient services.

During the reporting period, 11 women were admitted to residential treatment however, we continue to be currently engaged with prospective clients guiding them through the entry process.

SPECIALISED PROGRAMMING

Relapse Prevention

Providing clients with the tools to help them navigate the pitfalls of early

recovery continued to be a focus of our treatment programme. We ramped up our focus on relapse prevention to address this particular treatment issue. In addition, clients who have had multiple treatment attempts participated in the Relapse Prevention Group for Chronic Relapsers. These therapy sessions have used experiential techniques and psychoeducational multi-media to address underlying core issues related to relapse proneness.

Connecting Spiritually

One of the pillars of our treatment programme relates to spirituality. In this regard, we continued to provide opportunities for clients to connect and stay connected spiritually. This is done in a variety of ways. Our spiritual lectures restarted after a short break and are being facilitated by an Alcoholics Anonymous (AA) member who has conducted these sessions on a weekly basis. In addition, clients are encouraged to attend and participate in traditional church services.

Psychological Services & Medical Treatment Programme

The period under review saw significant changes and improvements with regard to expanding psychological services to Verdun House Second Stage and Marina House clients.

A number of workshops were introduced during the period – all aimed at helping clients with various conditions.

The Evening Workshop series that was introduced in the previous year continued. Three of the topics covered included: Aggression Management; Steps Four (4) and Steps (5); and Abused Boys - Wounded Men. The goal of the Aggression Management and Abused Boys workshops were to help the clients identify some core issues that fuel their addictions, and to learn how to better manage their emotions. The Step Workshops were focused on helping clients better understand the Twelve Step principles and how to apply them to their daily lives. These steps give the individual the opportunity to take inventory of their past behaviors and move toward forgiveness of themselves and others.

Many of our clients present with dual diagnoses – which is also referred to as co-occurring disorder. In clinical tech language, dual diagnosis is a term when an individual experiences a mental illness and a substance use disorder at the same time. Either disorder – substance use or mental illness – can develop first. In the previous year, we established a Dual Recovery Group. This has continued as we provided treatment for clients with both mental illness and addiction.

The integrated Dual Recovery Treatment group for individuals diagnosed with a co-occurring disorder and two Grief Groups were facilitated by Dr Jerine Griffith, the on-staff Clinical Psychologist. Referrals for individual therapy and psychological

assessment have increased noticeably for the Second Stage men and women.

The Step Workshops were focused on helping clients better understand the Twelve Step principles and how to apply them to their daily lives. These steps give the individual the opportunity to take inventory of their past behaviors and move toward forgiveness of themselves and others.

The Domestic Violence (DV) Workshop - one for the men and one for the women - was introduced and is based on the Duluth Model which explains the cycle of violence for both men and women. This workshop was in direct response to the several clients who admitted to perpetuating violence in their intimate relationships while others admitted to being victims of domestic violence. The series taught the basic concepts of DV and provided a therapeutic space for the clients to talk about their own experiences. A movie therapy approach (What's Love Got to Do With It) was used to make the workshop engaging for the participants and less stigmatising. It is expected that these series will continue into the following year.

The Aggression Management Workshop was also added to the Second Stage

Evening Workshop Series. This workshop was introduced because of the high numbers of clients who reported having been participants in violent acts.

The Understanding Denial Workshop was also added to the programme. This workshop made use of movie therapy (Flight) to educate and challenge clients on their use of denial as a defence mechanism. The movie therapy approach in the workshops proved to be effective because the movies immediately engaged the clients and made for a lively discussion. Clients were able to identify unhealthy patterns in the movie characters and then make the connections to their own behaviours.

We provided a six-week workshop on parenting at Marina House which was facilitated by a volunteer from the UK while on a visit to Barbados to provide community services through Codrington College. The psycho-educational workshop included topics such as understanding children's temperament and how to communicate effectively with one's child. The workshop was also offered at Verdun House for three weeks.

Clients were also exposed to The Criminal Thinking and the Relationship Coaching workshop and sessions. These efforts were aimed at fusing innovative methods with traditional talk therapy and have proven to be successful intervention.

Psychological Assessments

Of the 35 admissions to Verdun House this year, 25% were referred for psychological assessments. The growing number of referrals and assessments speaks to the fact that the clinical staff is becoming more astute at screening for mental health disorders and seeking more immediate intervention. We have been able to meet the growing needs to ensure that clients with co-occurring disorders are placed appropriately in the Dual Recovery groups or referred for more intensive psychological services.

The psychological assessment library has grown steadily and therefore the psychological testing of clients has become much more comprehensive. A tool to test for Attention Deficit Hyperactivity Disorder was added to the library. Data about their cognitive processing, trauma histories and underlying core issues is being unearthed earlier in the treatment process, and ultimately benefiting treatment planning.



25%

Of the 35 admissions to Verdun House this year were referred for psychological assessments.

A concerted effort was made to begin addressing with laser-focus the presenting issues of cross addiction, specifically sex addiction. We have added some technical materials to assist with the assessment process. A curriculum will be designed to help clients better manage their sex addictions.

Our Medical and psychiatric services continued to be an integral part of our treatment services.

Our Literacy Programme

We continued to have a significant number of clients who enter treatment with low literacy ability. Many of the treatment materials are still paper based and a client's inability to access information in this manner can hamper the treatment progress. In an effort to help clients with low literacy abilities complete their Step Work, a Clinical Volunteer who is in recovery joined the team as a "Step Coach". This helped us to achieve our goal of having someone work directly with clients who have challenges reading, Such a person can go through the Step material with the client, thereby helping them better grasp the principles of steps one through three. We have complemented the personal tutoring with audio and visual materials.

Sports Programming

The importance of sports and physical activities in the holistic treatment of people in recovery cannot be overstated. We have modified our sports programming and have been systematically integrating sports and physical activities into clinical treatment. The training provided to staff was provided by Sport Consultant, Mr. Paul Sealy. The delivery of these services are provided by two volunteers with wide and varied experiences in physical training. These men find innovative ways to improve the physical wellbeing of our clients and demonstrate a strong commitment to the organisation and the health and wellness of the men and women in treatment.

The community-based agency Crossfit: Island Fit has also become an active supporter in the growth of our Sports Programme. They have supplied training sneakers for men and women, as well as exercise attire to facilitate comfortable participation in the sports activities.

THERAPEUTIC VALUE IN THE CREATIVE ARTS

The SAF, like many treatment centres around the world, utilises the creative arts in the treatment of clients. The idea behind creative art therapy is that it provides alternative ways of communicating and expressing emotions. This has allowed



Left: Cathartic masks expressing affects of domestic violence in Client's life

clients to open up in ways that aren't as threatening or scary as speaking or traditional talk therapy.

In the last reporting cycle, we indicated that we had expanded our Creative Arts Treatment team and added a Certified Creative Arts Therapist. Clients have shared the benefits that they receive from the creative arts session. They have told us how these sessions have helped lift their spirits and improve their self-esteem, especially when they see the artistic creations that they produce and have put on display. Improved self-worth can go a long way in helping clients in resisting relapse and feeling strong in their recovery efforts. Art, drama, dance and music are some of the ways that the therapists work with clients either in group settings or in one-on-one sessions.

At Marina House, one of the treatment themes explored was habits in dance, drama, and play therapy along with music therapy. They explored this theme with the question; 'What were my bad habits while being on the drug or alcohol?'

AFTERCARE/CONTINUING CARE

Our Aftercare programming was completely revamped with services being provided by Renee Napoleon, our Aftercare Counsellor and one volunteer. These services

were moved off campus and relocated within the community at the Centre for Counselling Addiction Support Alternatives (CASA) in Bridgetown to make the services more accessible to clients. Aftercare services continued to bloom and be a support to clients who graduated from residential treatment. The male clients are thriving and are taking advantage of the group process. The clients viewed the group as a family and brotherhood and seem to genuinely care about the wellbeing of each other.

A Women's Speaker Series was started in the Women's Aftercare group where young women in recovery were recruited to attend the

Women's Aftercare group to share their stories. These ladies in aftercare have indicated that they derive benefits from hearing the challenges and successes of others with similar experiences.

Case management services are provided to this group by a Clinical volunteer who has assisted with job searches, drafting resumes and issues related to reintegration.




We also introduced a new structure to the group with a weekly rotation of Process, Focus, Experiential and Speaker Group. A brochure was created which outlined the components, purpose and benefits of aftercare. In addition, a Facebook page and a WhatsApp Chat were formed as part of web-based recovery support.

The introduction of this new format has allowed clients attending the aftercare group to have an additional support

system. For some of the clients, aftercare is viewed as the third phase of treatment which is available to guide them through the challenges of early recovery. Some of the clients check in with each other almost daily and encourage each other to attend NA and AA meetings. Some of the topics most frequently covered in sessions include: family conflicts, money management, commitment to recovery, recovery vs clean time and identifying emotional triggers.



Aftercare services have been provided to twenty-six (26) Verdun House clients and seven (7) Marina House clients. This has been a remarkable achievement for the clinical team. 

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Organisational Changes



MEET OUR NEW CHIEF EXECUTIVE OFFICER

Signalling a changing of the guard, the Board of Directors of The Substance Abuse Foundation Inc, (The SAF), unanimously approved the appointment of Marietta Carrington as their new Chief Executive Officer. This move forms part of The SAF's overall strategic succession plan.

Marietta, who joined the Foundation in July 2013 and has been part of the Executive Team, serving in the role of Director - HR, Communication & Client Development, assumed responsibility as CEO on April 1, 2017. She succeeds Peter Boos, a co-founder who has been the director of The SAF from its inception in 1996 and Volunteer CEO from 2004. He will continue to serve as Chairman of The SAF.

During that time she spearheaded the development of a 21st century HR function, and got Verdun House approved

by the TVET Council as a Second Chance Institution (Assessment Centre), while being responsible for assisting the Clinical team prepare clients for skills development and job placements, resource acquisition (fundraising), marketing & communications projects, and strengthening the charity's micro businesses.

In welcoming Marietta to this new role, Chairman Peter Boos indicated that her main priorities will be spearheading initiatives for short and long term sustainability, as well as expanding the organisation's

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reach in the Caribbean so that men, women and their families can have greater access to addiction and mental health treatment of international standards.

“It is her results-oriented approach, compassion for the most vulnerable in our society and the ability to think and act strategically that will be most valuable to the organization at this time,” Boos stated.

In commenting about the appointment, Carrington noted: “Having spent most of my career within the business and corporate arena, I can’t think of anywhere else that I would rather be at this time than within the therapeutic environs of Verdun House and Marina House. This is more than a job. It is painful and sometimes frustrating work but I get the opportunity to experience modern day

miracles every time I see men, women, children and families heal and go back to communities as productive members. The personal satisfaction and rewards simply cannot be measured.”

MARIETTA CARRINGTON Chief Executive Officer

Carrington is a seasoned business manager with broad experience in strategic planning, HR Management, marketing management, business development, client care and customer service management. She has spent the last four years strengthening her knowledge of and gaining valuable experience in the addiction and mental health field. She has participated in an extensive, specialized Professional In Residence Programme at the Hazelden

Betty Ford campus in Minnesota - the most respected treatment centre and addiction graduate school in the USA. She has also undergone a similar programme at Action on Addiction, one of the UK’s most respected treatment centres. She holds a degree in marketing, a postgraduate diploma in management and has attended many seminars, workshops and conferences over her extensive career. She has successfully completed certifications in Addiction and Co-occurring Disorders; Ethics in Counselling from Hazelden Betty Ford Graduate School in the USA; and Fundamentals of Addiction from the University of the West Indies, Open Campus in Trinidad & Tobago. She has also participated in a number of workshops and seminars on mental health and addiction.

“This is more than a job. It is painful and sometimes frustrating work but I get the opportunity to experience modern day miracles every time I see men, women, children and families heal and go back to communities as productive members.”



ANGELA SEALY AT THE CLINICAL STEERING WHEEL!

Angela Sealy is The Substance Foundation Inc.'s Director of Clinical Services. Sealy assumed responsibility on April 1, 2017 and succeeded Jacqui Lewis, a co-founder and member of the Executive Team who retired from the Foundation effective July 1, 2017.

As Director of Clinical Services, Sealy will focus on continuing and improving our tradition of outstanding client care. She will have responsibility for providing clinical leadership, ensuring that clients continue to receive world class treatment and therapeutic services, including integration of the multidisciplinary team, individual and group clinical supervision, monitoring of quality trends and

implementation of quality improvement initiatives.

In welcoming Sealy to the Foundation, CEO Marietta Carrington had this to say:

"The Foundation is indeed delighted to have someone of Angela's calibre and experience in the field of addiction and mental health lead our Clinical Services.

Sealy has held several senior level clinical positions the most recent being Clinical Justice Liaison

"Angela has over 40 years' experience in the human services field with 15 of those years working with women, children and families. She has worked in many different clinical settings that include in-patient residential addiction facilities, out-patient, criminal justice entities and community-based mental health and addiction treatment centres. She has extensive experience using various methods of counselling modalities and working with clients/patients with co-occurring disorders."

Sealy is a Barbadian who has lived and worked in the USA and Canada for most of her adult life before deciding to return to Barbados. Within the last several years, Sealy has held several senior level clinical positions the most recent being Clinical Justice Liaison in an US-based treatment centre with over 500 employees that housed 66 females and over 150 male clients.

Angela holds a Masters in Marriage and Family Therapy and is a certified Addiction Counsellor. She also holds an Associate Degree in Personnel & Industrial Relations, two Bachelor of Arts degrees - one in Liberal Arts and the second in Behavioural Studies. Over the years she attended many workshops, seminars, conferences and training fora, all designed to ensure that she remained at the cutting edge addiction and mental health treatment. ▲

**ANGELA
SEALY**
Director of
Clinical Services

Dear Al,

"It was also a pleasure for me to meet you (family therapist) on Sunday and you most certainly lived up to your reputation. I very much enjoyed the session and am happy to report that since then, mum has been full of life, woke up on Monday morning with "bird seed" - would not stop talking from 5 am... I have printed out Step 3 which I have read and will give to her - thank you."

Daughter of a client

ADDICTION IS A FAMILY DISEASE

We have seen how addiction of a family member destroys families. Family members who participate in our Family programme tell us that living with an addict is both heartbreaking and exhausting. Family members are torn between how to help the addict and how to avoid being sucked into the addict's world.

The idea of addiction as a family disease seems rather controversial until viewed through a clinical lens. Often the dysfunctional family struggling with addiction is almost the mirror image of other families struggling with addiction. From this perspective, the addict could be viewed as a symptom of the dysfunction. Therefore, the best treatment efficacy results from treatment of the addict and the family. Verdun House and Marina House have integrated family

therapy into the fabric of the 12 step treatment in their Primary and Second Stage programmes.

The Family Programme continues to morph to meet the needs of the clients. More work has been conducted with the clients prior to full engagement of their families in order to work through some of their resistance to family therapy. This approach employed the skills of the Family Therapist to work with an individual from a systematic perspective instead of waiting until everyone in the family decides to come on board.

In our monthly family workshops series, we have provided approximately 12 contact hours per month for 32 clients and 18 family members. The family workshops are continuously updated and

Verdun House and Marina House have integrated family therapy into the fabric of the 12 step treatment in their Primary and Second Stage programmes.

enjoy a satisfaction rating of approximately 92%.

The family department also presented weekly in-house workshops for clients in Primary and Second Stage and addressed different issues within relationships. Our Primary Stage workshop addressed the impact and relationship between child abuse and addiction, and our Second Stage clients are treated to a six-week workshop series on intimate relationships. During



Left: Family group session

the period under review, we have presented 29 Primary Stage workshops and 12 Secondary Stage workshops which include clients from the respective stages.

We began initial assessment of clients' needs with regard to family intervention sooner in the treatment process. We also implemented the use of the Global Assessment of Relational Functioning (GARF) Scale so that family services can occur sooner and ultimately give the clients and their families more time to benefit from this service.

Assessment is the first step in treatment. Clients, both Verdun House & Marina House, are assessed using the global assessment of relational function (GARF) to establish a foundation for treatment. We have administered 13 GARF assessments.

Working from a family perspective with individual clients is often an effective way of understanding and changing many of the chronic conflicts that families have. To date, 70 individual client sessions and 25 family therapy sessions were conducted for the year in review.

We have started to measure the number of and type of family services being provided and the impact that this has on the families that we serve. The chart below provides a comparative analysis of the expansion of our family services



is the approximate satisfaction rating of the family workshops



contact hours per month were approximately provided



Global Assessment of Relational Function (GARF) assessments administered



Individual client sessions (70) and family therapy sessions (25) combined were conducted for the year in review.

FAMILY SERVICE	PREVIOUS YEAR	CURRENT YEAR
WORKSHOPS	4	6
FAMILIES REACHED THROUGH WORKSHOPS	20	18
CLIENTS ATTENDED WORKSHOPS	15	32
SESSIONS HELD WITH CLIENTS	Not reported	70
SESSIONS HELD WITH CLIENTS AND FAMILIES	24	25
IN-HOUSE WORKSHOPS FOR CLIENTS	Not reported	29 Primary 12 Second Stage
FAMILY ASSESSMENTS	29 (50%)	13 (28%)
STAFF TRAINING ABOUT FAMILY THERAPY	0	1

"I loved the family workshop. It helped me in my life today. I loved it!"

Family Member

"The Family workshop helped me to understand the effects of the addict on the family and also accept my role in dealing with the addict."

Family Member

"Excellent experience! I recognized myself in so much that you shared today. I may not be addicted to substances but certainly would benefit from the program and intend to make use of future sessions offered."

Family Member



My Testimony

by Harold C.
Aftercare Client

Before I went to Verdun, I was messed up in so many ways that I didn't realize. My life was out of control and it seemed normal. Like doing the wrong thing was the right thing. I went from drinking socially to being an Alcoholic and suffering from the disease of addiction, which I only learned when I went to Verdun House. I had suffered blackouts and seizures but that never stopped me from drinking. Forgetfulness was a major problem, but I never cared as to want to do something about my drinking problem. Mind you, I never thought I had one.

After being a client of Verdun House and now being in Aftercare, I now have a better perception of life. I can now understand that I was taking life for granted and slowly killing myself. I care more about people around me, my family, close and personal friends, and even people I have just met.

At first it's hard to trust the Counsellors and all the advice that they give, but on closer inspection I saw that they mean well and want what's best for me. I now live a life of some normalcy, and I don't have to hold my head down in shame. My past isn't keeping me from getting on with my life and making me the best that I can be.

The Counsellors, they do care. To them it's not just another job. It's the work they put in every day to make sure that each and every Client feel the love and support that is there for them. Thanks for helping me, for making me feel important and that I can live again, without drugs and alcohol.

I am somebody today.

Training & Work Opportunities for Persons in Recovery

Our clients are in a constant struggle to stay sober and they must do this “one day at a time”. If we add to the list the necessity of going back to school to either acquire new skills, complete unfinished programmes, refresh old ones, equip themselves with new behaviours and habits to be productive employees, and contribute to our society we can see how challenging it is for people in recovery to keep on track. In short, being sober isn’t enough. People in recovery must provide for themselves and often times their children and families. Once we understand that addiction is a chronic disease with a myriad of complexities we can then appreciate how difficult it is for addicts to completely recover from the disease of addiction.

Our Client Development Programme is therefore a critical component of our treatment and recovery services. We have been able to finance these training programmes for clients through generous donations to our Educational Fund by

individuals like Diane Edghill, Barbara Trieloff-Deane and more recently Tammie & Guy Beasley of The Tides Restaurant.

Verdun House is certified by the TVET Council as an Assessment Centre and this has allowed for clients to pursue skills training in-house. We currently administer two programmes - Information & Communication Technology (ICT) and Commercial Food Preparation, both at Level 1. After more than two years, we are pleased to report that one Marina House client joined two staff members and was successful in completing five of the six units submitted in Commercial Food

Preparation and has been deemed to be competent. Three male clients have completed all of the units for ICT and their work and portfolios are being assessed by the TVET Council. These are outstanding achievements for these clients and we have enrolled 12 clients in the ICT Programme for the year in under review..

Verdun House is certified by the TVET Council as an Assessment Centre and this has allowed for clients to pursue skills training in-house.



Above: Jane Armstrong of The Maria Holder Memorial Trust presenting a new bus to staff at Marina House.



**A First for
Our Learning
Centre**

One Marina House client joined two staff members and was successful in completing five of the six units submitted in Commercial Food Preparation and has been deemed to be competent by The TVET Council's CVQ Programme.

One male client successfully completed the Digital Media Film course sponsored by the Ministry of Youth & Culture. This resulted in a short-term employment for this young male client.

In the last reporting cycle, we informed that two clients - one from Marina and one from Verdun - who have an interest in pursuing careers in the Performing Arts were enrolled in a six-month certificate course in the Performing Arts sponsored by the Division of Youth and Culture. The technical course content included: drama, dance, voice training, music, poetry, playing of musical instruments and technical theatre. We are pleased to share that both clients successfully completed the programme and were subsequently given the opportunity to work for two months as facilitators of the Ministry's summer camp.

Two Verdun clients attended courses in Bobcat Operations with the Barbados Vocational Training Board and are now equipped with the necessary skills to operate this level of heavy duty equipment.

The installation of the Photovoltaics/Solar project by The SAF provided the opportunity for one client to be trained.

The installation of the Photovoltaics/Solar project by The SAF provided the opportunity for one client to be trained. This client was also pursuing an eight-week course in Photovoltaics. Participation in the Solar Project at The SAF provided an opportunity for him to accumulate some internship hours which were transferred to his final grade.

One Verdun client is currently pursuing the Certificate in Auxiliary Nursing facilitated by the Career Development Institute. This is an 18-month programme which when completed will equip him with the skills to work in the health care field.


Three Marina clients were accepted to pursue courses with the Barbados Community College. Two are currently enrolled in Basic Trade Cookery and one in Professional Housekeeping.

A Marina client had suspended her educational goals prior to entering residential treatment at Marina House. As part of her reintegration and professional development treatment plan, she re-enrolled with the Barbados Community College to complete her Associate Degree in Literature and Sociology. She has successfully completed all of her courses so far with the exception of one History course due to be completed

in the first quarter of 2018 semester. This young female client with minor children is currently employed in the hospitality sector.

Clients of both houses were able to participate in a workshop entitled "Money Management" facilitated by a staff member of the City of Bridgetown Credit Union.

One client who graduated from Marina House successfully completed a Parenting Class at PAREDOS and this has been a great achievement for this mother of minor children.

It is important that we continue to provide opportunities for clients to develop personally and professionally, otherwise finding jobs and becoming gainfully employed will be more difficult. We see the hope that is returned; reintegration back into society is less burdensome and maintaining sobriety is made easier. We thank all of the training institutions that continue to partner with us to make training opportunities more readily available and for the businesses and individuals who have partnered with us to create employment opportunities for these clients. 

...As part of her reintegration and professional development treatment plan, she re-enrolled with the Barbados Community College [where] she has successfully completed all of her courses so far with the exception of one History course...



My Testimony

by Alexander R.
Aftercare Client

I'd go as far as to say that Aftercare has been an extension of the treatment experience in the areas of mental, emotional, spiritual and moral support for me in my recovery. Whereas traditions guide 12 – step fellowships, in Aftercare I'm free to share about any problem I may be facing and receive feedback. Coming to Aftercare regularly gives me a constant sense of belonging when I'm amongst my fellow peers. Daily I'm in a constant state of growth, so therefore my fellow Peers are too. Coming to accept their sharing for what it is shows me time and time again that this process/ program is a day at a time, and I can only get out of it what I put in. Without Aftercare and my regular weekly (now fortnightly) check-ins, I'd most likely be up to my neck in self-pity, and denial and full of too much false pride to reach out for help when I needed it. I'm not perfect but life couldn't be better right now.

Micro-Business Operations

Our micro-business operation is multi-faceted in that it supports and enhances both the therapeutic and business operations at SAF. As part of the Second Phase programme, which focuses on reintegration back into the society, the micro-business operation provides opportunities for our clients to work in the various business units thereby learning new skills, beef up their work ethic and to earn some income. Income earned by clients also provides opportunities for developing money management skills. In addition, the micro-businesses also provide some support for SAF's operations, mainly through food production.

During the year under review, several clients successfully completed their TVET assessments in Commercial Food Preparation, while others are awaiting final assessment in Amenity Horticulture. These programmes are made possible through the micro-business infrastructure. Furthermore, in keeping with the philosophy behind the micro-business initiative, we changed the weekly client schedule to allow for additional hours to be spent in the micro-businesses and we are planning in the New Year to have some additional tutors available so that the clients can maximise on these work experiences.



Patisserie
& Bakery

\$11,000.00



Vegetable
Farm

\$32,940.00



Lawn & Garden
Maintenance

\$22,125.00



Animal
Farm

\$ 150,060.00



*Right: Microbusiness
financial performance*

*Left: Agrofest
Microbusiness*

\$216,125.00

Total gross
revenue for the
micro-business
operations

During this year we are seeing the benefits of initiatives taken previously and coming to fruition in this time. Our chicken production has now doubled and is up to two thousand birds on a six week cycle. The pens formerly used to rear pigs were converted to individual pens which we have now used to raise turkeys and also to increase our production of ducks. In addition, our investment in planting coconut trees started to pay off, with us reaping on average 500 coconuts a month. These are processed and the coconut water sold.

In an effort to improve the production and variety of meat on the farm, we imported semen from a meat producing breed of goat but had limited success. However, we intend to pursue the development of both an improved strain of black belly sheep and goats in the New Year.

In the year under review, the combined production of both the vegetable and animals farms grossed \$183,000 with chicken accounting for 61%, eggs 12%, fruit and vegetables 18% and other farm produce 9%.

The gross revenue for the year for the other micro-business operations was Bakery \$11,000 and Lawn & Garden Maintenance, \$22,125. The total gross revenue for the micro-business operations was \$216,125, which represents an 18% increase over the previous year.

Therefore, it is evident that the farm and other micro-business revenues are heading in the right direction and as a result, clients are getting greater opportunities to learn skills which they can use after they leave the protected and safe environment of our "Houses". ▲

...we are seeing the benefits of initiatives taken previously coming to fruition in this time.

18%

Gross revenue increase for the micro-business operations over the previous year





Aftercare means a lot to me. I would have been able to get clean without Aftercare, but I would not have been able to stay clean. I love Aftercare and what it stands for. It stands for meetings, feelings and affirmations. It is like treatment after treatment. Aftercare is the follow up to make sure treatment is working. We think, we feel, then we act. It puts you in a position to deal with problems when you go home after treatment. Aftercare Clients build a bond with each other. I look forward to attending Aftercare meetings weekly. We look out for each other and have a genuine concern for each other's wellbeing and recovery.

Learning Opportunities for Students & Interns

The SAF continued to provide opportunities for students to apply their academic learning to practical experiences. Students and interns benefit from working alongside seasoned professionals and they get the opportunity to be introduced to the world of work and develop the skills needed for them to achieve their career goals. The SAF also benefits because in the learning process, extra hands, heads and hearts are available that can often help accomplish goals or finish projects.


We hosted two counselling psychology interns from the University of the West Indies (UWI), Cave Hill, two Codrington College students, one nursing student from the UK and two social work students from Barbados Community College (BCC).

This was the first time that we had a nursing student. We constructed a shadowing experience that involved the two nurses on the Medical Team and we were able to host the student for three weeks. We hope to continue training nursing students by partnering with the medical training team at BCC.

Our Student Training Programme has become more structured, with designated years that we will take on students from each discipline so as to allow the supervisory team the time to truly focus on the student. Social work students will be accepted on the odd years and counselling psychology students will be accepted on the even years. Nursing students will be accepted every year as the programme grows.

Additionally, we had a unique opportunity to work with the staff of "None in Three", a project designed to end domestic violence in Barbados. The director of the project approached us to learn more about addiction and families, and we were able to design a six week shadow experience for her where she observed the Family Therapist.

Our Student Training Programme has become more structured, with designated years that we will take on students from each discipline so as to allow the supervisory team the time to truly focus on the student.

The research volunteers/interns continued to receive training, attending seminars facilitated by the Volunteer Research Coordinator and Dr Griffith. Topics included sampling and research design. The seminars were crafted to strengthen the skills of the research team. Currently, there are five people on the Research Team and the team is led by the Volunteer Research Coordinator who directs the day to day operations. Three new people joined the team and two of the previous members left the team to complete their studies. One of our newest members found us online while in the UK. She has brought a wealth of experience as a researcher to the team. 

VOLUNTEERS - An Integral Part of our Team

When we formalised our Volunteer programme - we knew that our organisation would benefit and that the persons volunteering would also. This programme has become an integral part of what we do and the benefits are tremendous.

Our volunteers have assisted us in reaching new audiences and sharing information about our treatment centres. They have themselves become donors of non-cash donations and have been able to help us with our fundraising efforts. They have been able to see firsthand our organisation at work, and they subsequently have gone out and recruited others to support our work with contributions, or by talking to their companies on our behalf about making donations.

This year we were able to tap into our volunteers' pool to fill two critical positions on a temporary basis. These were easy hires because these individuals were already oriented to our culture and mission and already had the skills and expertise that we needed. We have seen the tremendous benefits of our Volunteer

programme in providing support to areas where we have the greatest need.

We have a total number of fifty (50) who make up our programme.



150
VOLUNTEERS



44 Clinical Team



6 Administrative Support



50% Active



**50% Special Projects \
Needs Basis**

Forty four (44) of these are part of the Clinical team and six (6) Administrative Support. Seventeen (17) of these were trained and officially joined the team in this reporting cycle. Of the forty four (44) members of the team, more than 50% of them are active which means that they come to Verdun and Marina on a consistent and scheduled basis. The remaining 50% provide support for special projects or on a needs basis.

These talented men and women have utilised their work and social circles and have become important ambassadors in the community on our behalf. Our volunteers have indicated that they too benefit tremendously making it a win-win for everyone. Apart from learning more about addiction and its impact on the clients and their families, they get to support the work that we do and contribute to a healthier and safer Barbados.

We recorded a total number of 2,138 hours in clinical volunteer time and approximately 1,000 hours in administrative volunteer time.

AREA OF VOLUNTEERISM	NO. OF HOURS
Research Volunteers	1,136
Workshop hours includes parenting, meditation, aggression management, medical lectures, and relapse prevention	146
Computer Training and reading tutoring	158
Counselling	208
Physical training	32
Hiking/Milieu Therapy	3
Twelve steps coaching	3
Front Desk & Reception (Clinical Department)	384
Yoga	68
Administrative Support (including graphic design, digital strategy, creative writing and editing,	1,000

We wish to record our immense gratitude to Mr. Hal Hunte, a retired engineer from the Barbados Light & Power Co. (Emera) for his outstanding volunteer contribution of time and expertise in our greening and Renewable Project (solar project) work initiatives.

These efforts do not include the tremendous amount of volunteer time given by members of our Board in general. Our Resource Acquisition Director Barbara Trieloff-Deane who has been hands-on, providing outstanding leadership in order to meet our fundraising goals.

By any measure this has been a remarkable asset to the organisation when we consider the comparable cost of manpower. ▲

I AM A VOLUNTEER!

Meet a Volunteer


- SARAH

My name is Sarah Hinkson and I am 26 years of age. I started volunteering at the Substance Abuse Foundation (SAF) Verdun House in July, 2017 as a Clinical Receptionist/Administrator. In I was truly thankful for such an opportunity, especially the training and experience I was about would receive.

My experience as a volunteer at the SAF far exceeded my expectations. Indeed, as an aspiring clinical psychologist, I was able to become familiar with various duties and responsibilities related to my future field. Furthermore, the SAF has equipped me with a diverse skill set, that has enhanced my professional development. During my tenure there, I was also granted the opportunity to participate in a training session on interviews and customer service, I which assisted me in obtaining employment for the Christmas holiday.

I later joined the SAF's research team where I became acquainted with another dedicated team of professionals who are involved in conducting various avenues of research to fill any gaps that would be fundamental to the overall Recovery process for the clients. On a daily basis, the devoted and committed team of professionals at The SAF poured out a wealth of knowledge and wisdom, , and now I am even more eager and driven to remain part of the volunteer team.

Without a doubt, I have no regrets and I take this opportunity to express my gratitude to the Substance Abuse Foundation. In conclusion, I would advise anyone to become a volunteer at the SAF, because I can guarantee that one would obtain invaluable experience and professional growth, along with making a difference in the life of others and being of service to your fellow man

Today, I'm filled with even more anticipation to become a Clinical Psychologist. 

RESEARCH

Research has continued to be an important strategic objective for The Substance Abuse Foundation Inc.. We recognise that research is a deliberate and unhurried activity that requires expertise. Donors are constantly asking for quantitative data that show levels of impact. Potential clients and their families also want to know success rates and the Clinical Team needs to know what is working and what is not. The Research Team, headed by Dr. Jerine Griffith, is committed to conducting and producing information that would inform our treatment outcomes and programme evaluations.

In the previous year we reported that we were conducting a Treatment Outcome study and this marked the first formal in-house research study conducted. The study provided us with some insight into the programme's strengths. The overall number of participants included in the pilot study was 120 past clients. From that study we have rich data that will be shared in-house with the Clinical Team and Executive Team members in the coming months. That data will help us identify strengths of the programmes and areas that can be enhanced. We will also be able to provide a clinical profile of our typical client.

The average number of participants in most treatment outcome studies that are presented internationally at conferences is 100. That allows for a more robust statistical analysis, but because we only had 70 participants that we can technically report on (the



remaining 40 were part of the pilot study), we thought it best to forego submitting the work for international presentation, but will instead look to publish the research. The goal is to publish our work in an international journal by December 2018.

Our experience with this first research project has further fueled our efforts to create a tracking system that would extend five to ten years post treatment. Additionally, it has reinforced the importance of setting up an alumni network. Thus, our first formalised research efforts were a success in that we have forged an avenue for ourselves to conduct sophisticated research that can withstand scrutiny from international audiences. Moreover, we have quantitative data from which to draw on to shape our programming in the immediate future.

The next study has started and will examine why clients leave treatment prematurely. We will be seeking to identify the percentage of clients who self-discharge early and find out what variables might be related to their early discharge. We hope to identify a critical period where clients need more reassurance and support in order to make it “over the hump” and stay in treatment. We also hope to identify service areas that might be better structured to meet the needs of clients who are ambivalent about being in treatment. This retention study is vital to our programme evaluation and continued growth.

After the retention study, which we plan to complete in a much shorter span of time than the previous study because we are using data that was already collected, we will simultaneously begin designing our tracking system and begin the study on chronic relapse. Our research team currently includes two very experienced researchers, so we are now able to have two teams working on separate projects headed by a more senior researchers. In the coming year, our team hopes to work with the Research Department at Hazelden Betty Ford in Minnesota via an international grant provided by the National Institute on Drug Abuse (NIDA).

This will allow us to further strengthen the research team,

...this first research project has further fueled our efforts to create a tracking system that would extend five to ten years post treatment.



obtain equipment and supplies, and cover publication/presentation expenses. The grant proposal process recently began.

We are also in the early stages of conducting an impact study which will better inform the value of the work we are doing and the impact on Barbados. This impact study is using data from the treatment outcome study and exploring what impact our work is having long term with regard to family functioning, employability and community impact. The impact study is geared toward our outreach efforts across the region and internationally.

Overall, our research efforts this year have allowed us to continue our climb toward becoming a formidable force in the field of social science research. ▲



Aftercare has provided me with a place of comfort, where I am able to come and meet with my fellow peers and talk about any challenges I face in my everyday living. After discussing my challenges in the Group, I am always relieved of stress and anger which were my main causes to drink. My one on one sessions with my Counsellor helps me to deal with my personal issues, which can be very shameful or painful to talk about in Group. Going to Aftercare has helped me become more confident in myself, and that has changed my whole perspective of my life which is good for my recovery.

A close-up photograph of green grass blades, slightly out of focus, creating a soft, natural background. The blades are vibrant green and have a fine texture. A semi-transparent dark green rectangular box is overlaid on the lower half of the image, containing white text.

Keeping our Grounds and Property Therapeutically Healthy

In keeping with the pace of the previous year 2017 was no less hectic. Apart from dealing with various teething problems with the Marina House property there was a major maintenance drive at Verdun House.

Given the green light on our long awaited solar project, we embarked on ensuring the roofs of the six buildings were sturdy enough to carry the weight of the solar panels. The roofs of the farm and workshop required a far more in depth re-fit but represent the largest combined roof space and therefore the highest generator of solar power. This work was completed around August and the solar installation followed immediately.

In an effort to boost our farm production and improve profitability we took a decision to discontinue pig rearing. These pens have now been converted into smaller pens suitable for raising turkeys, rabbits and ducks. In addition, a large pen was built to house our flock of sheep and also some goats which have been introduced into our farm mix.

For some time our Second Phase kitchen was in need of major repairs in spite of having done so at least three times in the last ten years. The kitchen comes under quite heavy use given the number of clients in our Second Phase programme. On this occasion, in order to make the facility much more robust it was completely rebuilt out of concrete and

tilled in and out. Overhead cupboards were rebuilt in concrete board and all the cupboard doors are now plastic. It is expected that this design will be better able to withstand the rigors of use.

The ongoing maintenance of the historic Great House "The Attempt", which houses our Second Phase programme and administrative offices, continued. In making all our roofs ready for the installation of solar panels we discovered that we had suffered extensive damage to our ceilings and partitions from termites. Therefore we had to replace the entire ceiling in the second stage building along with some partitions. To avoid a reoccurrence of this problem, we have used more termite resistant

materials and had the entire affected area treated.

During the year we have also replaced and repaired sections of our perimeter fence and also fenced an enclosure where our sheep and goats can be held while their pens are being cleaned.

We have also continued to carry out plumbing and electrical repairs at both Verdun and Marina House as required.

Our goal is to have an ongoing maintenance programme, where these historic buildings are properly and aesthetically maintained because the infrastructure forms an integral part of a healthy therapeutic community. ▲



Left: The Attempt (built in 1831).

Solar Voltaic Project: Sun, Sustainability & Healing from Addiction

After several years in the planning and seeking the appropriate finance, we have finally installed solar panels on the roofs of all the buildings at our Verdun House facility.

Five hundred and two panels were installed across the six buildings with a capacity to generate 159.6 kilo watts of power. The cost of the system is approximately \$531,000 and is being financed initially by a five year interest free loan, the repayment of which is being raised through various fundraising efforts. The system will be operating under the Renewable Energy Rider agreement with the Barbados Light & Power in a Buy All Sell All arrangement. The system, once fully operational, is expected to generate approximately 246,594 KWh of power annually with associated estimated

gross revenue of \$ 102,583. At this level of production the electricity cost of Verdun House would be eliminated and with approximately \$40,000 of net earnings annually after deducting power consumed by Verdun. The payback period of this system is just over five years.

This is a landmark project for The Substance Abuse Foundation Inc. as it not only fits into our greening initiative, but represents a potential model for funding where a business investment can generate income for the charity's operations. With this in mind, we are currently pursuing a further and much larger investment in a Solar PV system which is intended to strengthen our sustainability as an organisation by providing a substantial part of our annual funding needs. ▲



We're going greener!

Help us purchase and install 502 solar panels and help our women, men and families recover from addiction

GIVE!

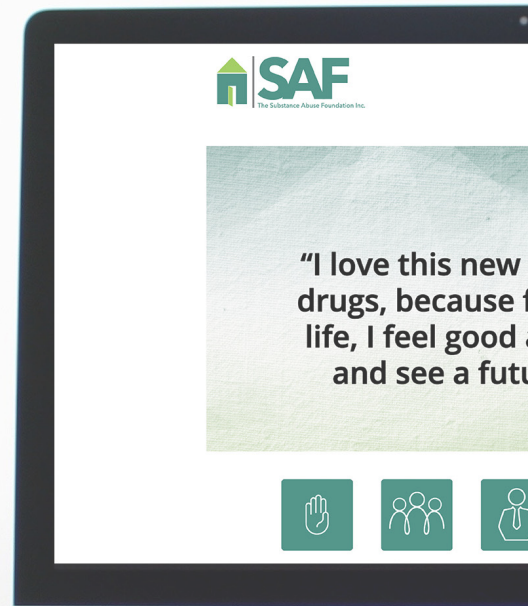
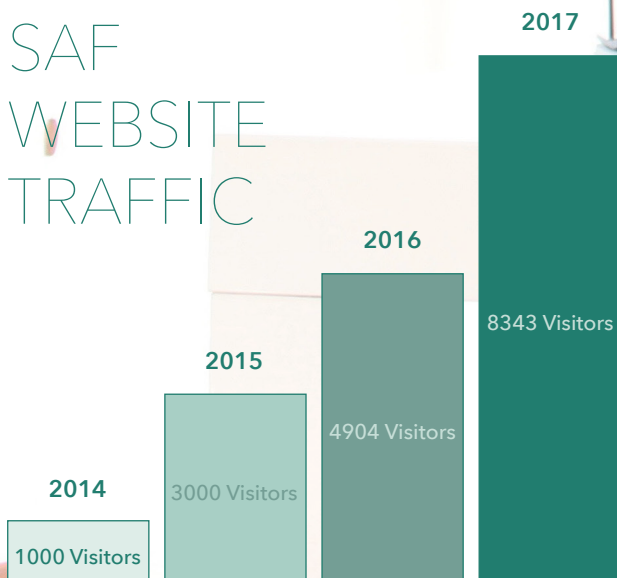


Getting Heard & Noticed - On and Offline

Much like other charities, we rely heavily on the public to support the work we do and to make addiction treatment and recovery services accessible to those in need. In this digital age, it is important for us to grow our online presence. Our online home www.thesafinc.com and social media pages that include Facebook, Instagram and Twitter are just a few of the ways in which we get heard and noticed.

We have seen a significant increase in traffic to our online home. Last year we had 4,904 online visits. For the same period this year we have moved to 8,343 which represents a 96.9% increase.

SAF WEBSITE TRAFFIC




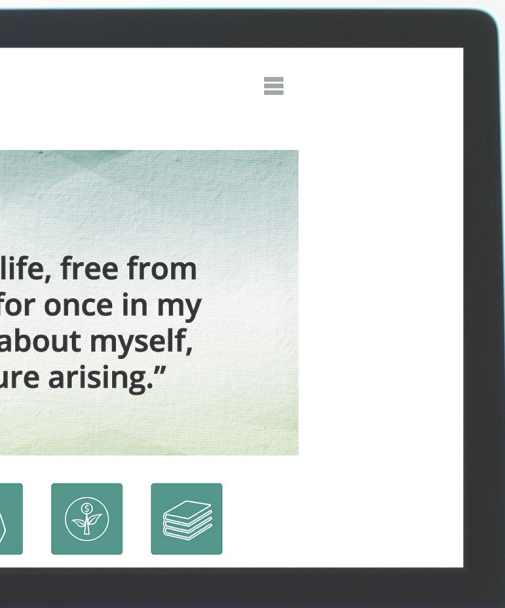
8,343

Online visits,
representing a 96.9% increase

We have also seen a gradual increase in the number of persons seeking information regarding treatment. We recorded 27 enquiries through our website, with one Caribbean national entering treatment.

In last year's Annual Report we shared that we had added Twitter and Instagram to our online social media platforms. We started from the ground up with 12 followers on our Instagram pages. We achieved the 500 milestone fans/followers for our Verdun & Marina House Facebook pages and 150 for our Instagram.

A volunteer social media coordinator was recruited and brought on to the volunteer team and this significantly added some much needed resources in this area. We developed a social media plan and the systematic execution of our strategy has resulted in an improved overall online performance. 



27

27 enquiries through our website



150

Instagram fans/followers, starting from the ground up with 12



500

Facebook fans/followers milestone achievement

IN THE NEWS

We continued to receive strong media coverage in both print and electronic. Yvonne Bradshaw BSS was honoured in Barbados' Golden Anniversary Celebrations receiving the Barbados Service Star Award for her work in helping those persons addicted to drugs and alcohol. Her work and that of The SAF was featured extensively in both print and media given the fact that in the history of honoring deserving citizens this represented the first for someone in this area.

We participated in a four-part series on Women & Addiction on CBC's Mornin' Barbados during May. This programme currently has just over 45,000 viewers on average. This number excludes those who stream us online through Facebook. ▲

In the Community

We accelerated our community outreach efforts to educate our various stakeholders on healthy living, addiction and mental health. We had approximately eleven (11) outreach programmes within the community. In some cases, our trained staff were able to conduct HIV testing. Below is a glimpse of some of the organisations that benefitted from our efforts:-

Six Roads Polyclinic

Theme: Education about Addiction

Health Fair with Lions Club

Theme: Healthy Living

Boy Scout Headquarters

Theme: Health Fair

Staff of the Nation Publishing Company Ltd.

Theme: What is Addiction?

St. Margaret's Anglican Church:

Local Community Bazaar

Lions Club East St. Philip

Theme: Addiction: A Mental Health Issue

Mental Health 5k Walk

by Ministry of Health

Theme: Mental Health in the Workplace

Health Extravaganza at HMP Dodds

Theme: Healthy Life

St. John Parish Church

Fundraising fair

Parkinson Resource Centre

Theme: Addiction in Older People



Above: Lions Health Fair



St. Ambrose Primary School

Theme: Understanding Addiction for the Younger Generation

We partnered with the Lions Clubs to feed the homeless and educated this population - which often displays signs of addiction - on where to find help. ▲



Above: Outreach at Emerald City Supermarket

Caribbean Outreach

In order to widen our target audience and make addiction treatment and recovery services accessible to our Caribbean brothers and sisters, we

reached out to St. Kitts & Nevis and Dominica.

Angela Sealy, Director of Clinical Services and Dr Jerine Griffith, Manager of Clinical Services, Clinical Supervisor and Clinical Psychologist, visited St. Kitts and Nevis and engaged healthcare professionals, and civic society in a two-day workshop. The workshop titles were: "What Every Health Care Professional Should Know About Addiction and Mental Health" and "Mental Health & Addiction 101". This was done in collaboration with the St. Kitts & Nevis Ministry of Health as part of the country's observance of World Health Day activities. This provided the opportunity to educate and inform participants about addiction, mental health and the various treatment options that were available.

Chief Executive Officer, Marietta Carrington visited Dominica and met with the Permanent Secretary and other senior officers in the Ministry of Health, Director of Social Security, the Director of the Drug Rehab Unit and members of the Psychiatric Hospital. Mental health issues of mutual interest were discussed, as well as the treatment options that were available in Barbados. ▲



Above: SAF in Nevis

Financial Highlights

Expressed in Barbados Dollars

Year: April 2016 - March 2017



SOURCES OF DONATIONS

Period: April 2016 - March 2017

	\$	%
Golf Classic	112,000	48.67
Non-cash Donations	91,716	39.85
Donations	25,326	11.00
Dollar a Week	1,100	0.48
	230,142	100



ANALYSIS OF RECEIPTS

Period: April 2016 - March 2017

	\$	%
Hans & Julia Rausing Trust	3,000,000	69%
Government Grant	726,545	17%
The Maria Holder Memorial Trust	438,018	10%
Fund Raising & Other Income	192,892	4%
	4,357,455	100

Financial Highlights

Expressed in Barbados Dollars

Year: April 2016 - March 2017



ANALYSIS OF EXPENDITURE

Period: April 2016 - March 2017

	\$	%
Salaries	2,383,379	59
Repairs & Maintenance	414,826	10
Utilities	301,025	8
Administrative	290,052	7
Food	272,234	7
Capital Expenditure	171,069	4
Medical & Other Therapeutic Costs	117,154	3
Training	73,635	2
	4,023,374	100



BALANCE SHEET AT MARCH 31, 2017

Expressed in Barbados Dollars

	2017	2016
ASSETS		
Current Assets		
Cash	\$ 570,411	\$ 252,996
Accounts receivable	508,602	178,013
Due from The Maria Holder Memorial Trust	-	394,504
Inventory	111,677	103,559
	<u>1,190,690</u>	<u>929,072</u>
Property, plant and equipment	<u>8,365,637</u>	<u>8,518,836</u>
TOTAL ASSETS	<u>9,556,327</u>	<u>9,447,908</u>
LIABILITIES		
Current Liabilities		
Accounts Payable and Accrued Expenses	68,060	141,315
Due to The Maria Holder Memorial Trust	792	-
TOTAL LIABILITIES	<u>68,852</u>	<u>141,315</u>
NET ASSETS	<u>\$ 9,487,475</u>	<u>\$ 9,306,593</u>
FINANCED BY:		
General Fund	\$ 4,679,412	\$ 4,377,780
Revaluation surplus	4,808,063	4,928,813
	<u>\$ 9,487,475</u>	<u>\$ 9,306,593</u>



OUR GRATITUDE REPORT

Barbados without a Verdun House or a Marina House is simply unthinkable and is not an option for us. Because you believe in our work and want Barbados to be healthy and our communities safer, you continue to support us in small ways and in large ones!

With truly grateful hearts, we continue to be indebted to the immense generosity of The Julia and Hans Rausing Trust, on whose shoulders The Substance Abuse Foundation continues to be carried. Since 2000, the Rausing Family has provided a level of financial support that has permitted us to provide a first-class level of addiction treatment and recovery services to the most disadvantaged in our society.

Thank you Julia and Hans Rausing for continuing to support our work.

More recently, **The Maria Holder Memorial Trust** donated Marina House. This impressive facility, in the heart of St. John, provides a safe place for women to find recovery. We work closely with the staff at The Trust in continuing to support women seeking a better life.

It has been an extraordinary year. In spite of the economic conditions facing our country you have responded remarkably, supporting two major fundraising events.

As usual in February we held our Annual Classic Charity Golf Tournament on the internationally acclaimed golf course at Royal Westmorland. We appreciate and thank the many businesses and individuals who have supported us over the years - especially **Diamonds International and Royal Westmoreland** - who have been committed sponsors of our Charity Classic Golf Tournament for 18 years. Pauline Tully again pulled out all of the stops and

Every Gift
Counts. Every
Life Matters.



“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

- Henri Frederic Amiel

organised another successful tournament. To do this for 18 consecutive years - words seem inadequate. Thanks for being such a shining light on our Board and for all that you continue to do - raising approximately \$120,000 each year to ensure that treatment programmes for our clients continue. .

Our second major charity fundraising event was held on 10 June - “Heal. Grow. Love. Renew.” - was a success

on all fronts. **Tammie & Guy Beasley owners of The Tides Restaurant** showcased corporate social responsibility at a best practice standard by offering to help, donating their restaurant, engaging sponsors and putting on a show that was truly splendid. Their efforts were supported by **approximately 146 donors and sponsors, staff and alumni**. All tickets for the event were sold well in advance of the event thanks

to the great work of our team. Special thanks goes to our volunteer Board member and Director of Fund Raising, Barbara Trieloff-Deane. The \$255,000 we raised will help more women with minor children to participate in rehabilitation programmes at Marina House; provide support for clients’ educational and skills-based training and strengthen our microbusinesses that provide therapeutic work arrangements for them.

**Thank you for giving
us the opportunity
to be grateful!**

For those who ask that their contributions remain anonymous - you know who you are - and we want to thank you also.

To our **volunteers who give of their time and**

expertise - we thank you.

So whether it is a donation of money, professional services, toiletries, food items, or construction materials, we say **THANK YOU!** Every donation - big or small - is appreciated.

At the heart of our culture is respect and gratitude to all those who lend support and a commitment to always utilise your generosity prudently.

DONATIONS

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Above: Tammy Beasley from The Tides Restaurant with members of the SAF team

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Left: Peter, Jan, Marietta & Barbara at the Renew fundraising event at The Tides Restaurant

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We make a life by what we give.”**

– Winston S. Churchill



The Substance Abuse Foundation Inc.

Verdun House

Verdun, St. John

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