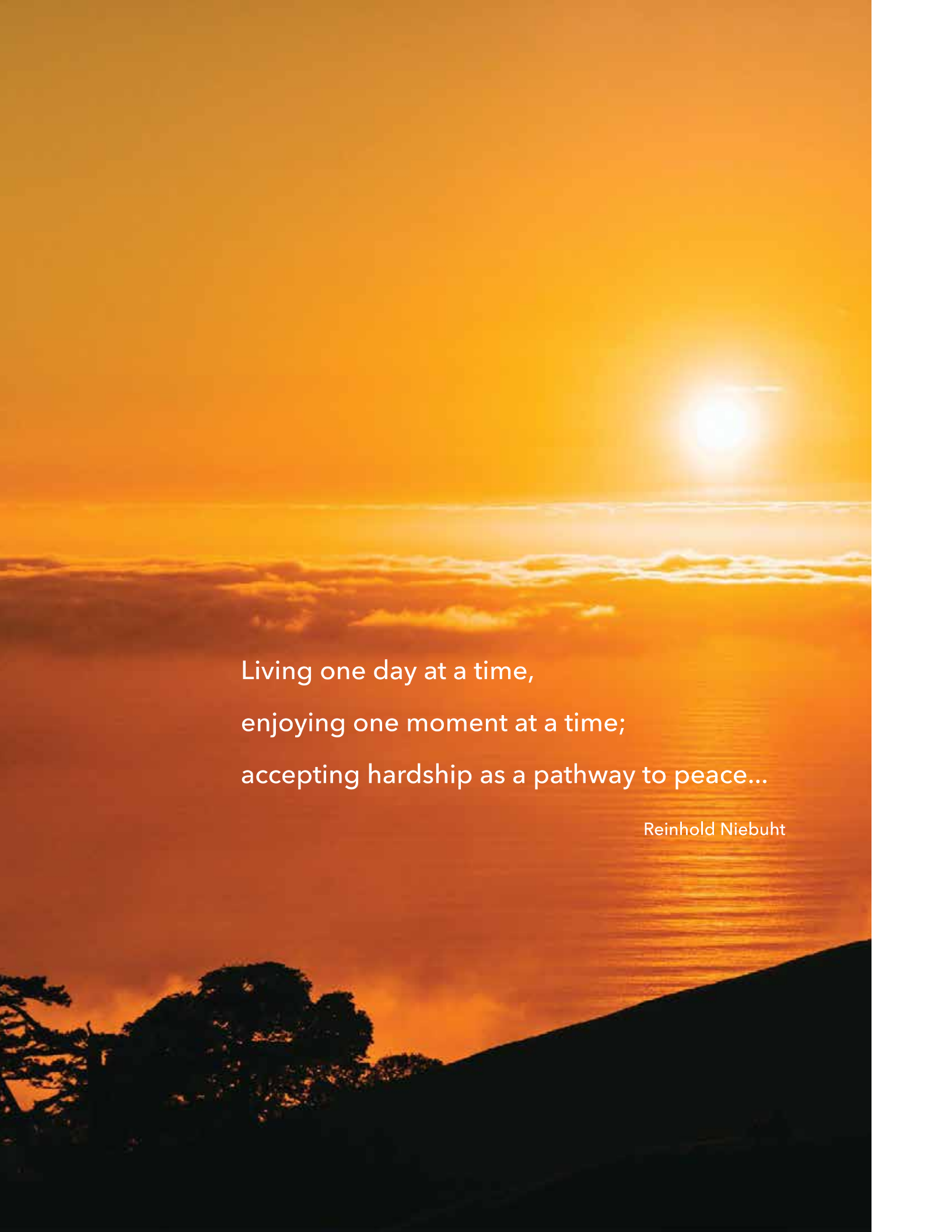




# ANNUAL REVIEW 2018



A vertical photograph of a sunset. The sun is a bright, glowing orb in the upper right quadrant, casting a long, horizontal band of light across the sky. Below the sun, a layer of clouds is illuminated from below, creating a soft, golden glow. The lower half of the image shows a dark silhouette of a hillside or trees in the foreground, with the sun's light reflecting on the surface of the water below. The overall color palette is dominated by warm oranges, yellows, and reds, transitioning to deep blacks and dark blues in the foreground.

Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace...

Reinhold Niebuhr

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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*



# CREATING SUSTAINABILITY FOR THE BARBADOS THIRD SECTOR IN A NEW AGE

In 2018 SAF celebrates 22 years of operations - a commendable achievement when considering our humble beginnings.

Over the year we enhanced our impact on the 'addiction community' by improving the quality of our work and its impact on a growing community of addicts and their families.

This annual report contains details of our societal impacts and how they have been achieved, including quantifiable data on the women, men and families whom we have helped.

*This is our primary Mission* and it is critical on a national and regional basis that the services offered by SAF continue, given the devastation caused by addiction to families, communities and businesses.

2018 also represents a watershed year in the history of The Substance Abuse Foundation. SAF not only took a major first step towards financial sustainability but also, in making that major first step, now models what is possible for sustainability in Barbados' Third Sector through social enterprise.



**Peter N. Boos FCA**  
Chairman

The issue of sustainability, therefore, is central to my message this year because it impacts all of us as citizens who are directly or indirectly beneficiaries of the Third Sector.

## Context

The Barbados Third Sector (Charities, Not-For-Profit and NGOs) is facing the challenge of long-term sustainability.

Over the last 20-years especially, Barbados has been the beneficiary of major philanthropic investments in areas of growing social needs: health (including mental health / addiction treatment), support for persons with disabilities, relief for and development of the indigent and underprivileged, protection of the environment, education of children, youth entrepreneurship development, assistance to the elderly, among others.

Major contributors have included The Hans Rausing Family Trust, The Maria Holder Memorial Trust, The Sandy Lane Charitable Trust, The Barbados Community Foundation and many other individuals and corporations locally and internationally.

It is estimated that at least USD \$100 million has been gifted to the Barbados Third Sector by philanthropists in the last 10-years alone.

The Substance Abuse Foundation has grown from strength to strength thanks to the funding provided by The Hans Rausing Family Trust (for the past 18 years) and The Maria Holder Memorial

**Long term sustainability cannot be based only on philanthropy...  
...SAF took a major first step towards financial sustainability and now models what is possible for sustainability in Barbados' Third Sector through social enterprise.**

Trust (for the past 5 years). We continue to have their ongoing support and have established trusted relationships with them based on competent leadership, professional management, good governance, transparency and accountability.

We cannot thank them enough on behalf of all Barbadians for helping to build and maintain an internationally respected health-care institution proving essential mental health services to the wider community.

The Directors however recognize that long term sustainability cannot be based only on philanthropy. Our revenue generation plans must be as diverse and sustainable as possible and must include the delivery of profitable goods and services through social enterprise.

In the light of that context, in 2017 we initiated the first project to generate electricity from solar energy and sell it to the Barbados Light & Power Co. Ltd. This project was completed in early 2018 at a cost of BBD \$550,000 and now contributes 150% of our electricity costs. The



excess generated over our own usage is purchased by the Barbados Light & Power Company Ltd. under its Renewable Energy Rider Programme. Full details of this innovative project including technical specifications and the funding sources are detailed in this annual report.

Looking ahead, discussions are ongoing with BL&PC to significantly expand our solar energy investment on unfarmed land situated at Verdun House. On completion of this second investment at an estimated cost of BBD \$6MM, the income generated is expected to provide at least 25% of our annual operating costs under a long-term supply contract with BL&PC. Funding for this investment is being identified.

## Future Funding of The Barbados Third Sector

The vision of the Government of Barbados to significantly grow the economy whilst creating a fossil free economy is very compelling and affords a great opportunity for the funding of The Third Sector.

The BL&PC has also articulated its '100/100 vision' to attain 100% renewable energy generation and 100% vehicle electrification by 2045.

This ambition in a growing globally focused economy will require major investments in Renewable Energy Sources including solar, wind, biomass and wave.

The creation of a substantive Barbados Third Sector Renewable Energy

Investment Fund would provide Third Sector Organizations (TSOs) with an important and readily accessible source of long-term funding. Such a long-term funding resource would provide the platform for financial stability so badly needed by TSOs.

With the support of EMERA and its Barbados subsidiary, Barbados Light & Power Co. Ltd., and with enabling Government policies and regulations, it is conceivable that within 3-5 years an investment of BBD \$100MM or greater can be made in Renewable Energy Infrastructure in Barbados, the profits of which would flow directly to approved Third Sector Enterprises.

Other funding streams will continue

**Looking ahead, discussions are ongoing with BL&PC to significantly expand our solar energy investment on unfarmed land situated at Verdun House. ...the income generated is expected to provide at least 25% of our annual operating costs under a long-term supply contract with BL&PC.**



to flow directly to such Social Enterprises from Philanthropists, International Development Agencies, Crowdfunding and Government subventions, as well as from profit-making social investments by entrepreneurs.

This leads me to the fundamentals in creating a 'facilitative Third Sector Ecosystem'.

## Creating a Facilitative Third Sector Ecosystem

To attract investments to fund The Third Sector requires an enabling, dynamic, philanthropic ecosystem based on four pillars:

- 1. The philanthropy knowledge system:** The theoretical repository of pertinent data - and expert opinion - that informs, constrains and motivates non-profits, donors and intermediaries.
- 2. The giving system:** The complex network of donors, trustees, institutional advisers, online transaction services and formal philanthropic institutions that originate and/or manage charitable gifts and grants.
- 3. The non-profit management and reporting system:** This includes the process of objective setting, planning, performance tracking and reporting that resides at the heart of every excellent non-profit organization's management system.
- 4. The non-profit evaluation system:** The network of auditors, evaluators, accreditors,

regulators, experts, information websites, journalists, friends and others who seek to inform, influence, validate and/or protect donors and their decisions.

In Barbados, The Third Sector is growing quickly, enabled by 'philanthropy' that comes in many forms from different and diverse stakeholders both locally and internationally. We must now move to higher levels of execution and measurable impact by embracing Third Sector research, greater competency, capacity, close collaboration and a commitment to sharing and communicating.

Businesses, through Corporate Social Responsibility, must allocate time and consideration to measuring their levels of strategic support for Social Investing.

Social Investing needs to become part of the ethos and culture of every business. Businesses must move these discussions and decisions beyond short-term marketing considerations to ones based on contributing to long term National Strategic Social Impacts and Societal Stability.

In the same way that business advocates for an enabling business facilitation environment, so too must it support the development of a Third Sector Ecosystem that facilitates the creation of better quality of life and social justice for all.

For Philanthropy and Social Investing to grow and thrive in Barbados, the crafting



of a supportive Ecosystem is a critical foundational step. This needs to be accomplished in concert with the strategic focus of an engaged government.

## Government's Role

The recently elected Government of Barbados recognises the meaningful impact a progressive Third Sector Policy environment can make in helping to meet growing social needs, accelerating entrepreneurship and social impact investing. In addition, it acknowledges that the Third Sector will be instrumental in generating new jobs and foreign exchange, and will contribute to building a more caring society, while serving as a partner in the attainment of the United Nations'

Sustainable Development Goals.

We are indeed fortunate in that our Government is committed to working with Third Sector Stakeholders to promote and facilitate the development of a thriving, connected, engaged, energised and effective Third Sector in Barbados, capable of strong social and economic impact and of positioning Barbados as an international centre for social investment and collaboration.

## Summary

Barbados now has a unique and innovative opportunity to position and brand itself as the leading Nation utilizing Renewable Energy Sources to Fund its Third Sector. The seed investment capital to facilitate such a venture

would ideally be funded by Philanthropists and Social Investors committed to the sustainability of the Third Sector through the development of a Social Finance fund that would generate revenue to fund critical programmes.

Without a doubt, the positive impact on our communities and our global brand will be transformational!

For the thousands of people who rely on organizations like The Substance Abuse Foundation to improve their quality of life, such a transformation would occur not only within the family unit, but also within communities, in the contribution to social stability and ultimately Nation building.

**Just imagine it! ▲**

**For Philanthropy and Social Investing to grow and thrive in Barbados, the crafting of a supportive Ecosystem is a critical foundational step. This needs to be accomplished in concert with the strategic focus of an engaged government.**

# A Message from the CEO

In 2018 The Substance Abuse Foundation Team accomplished a great deal of which they can feel very proud. They have worked tirelessly, with limited resources to ensure that the men, women and families affected by addiction receive the help that they need.

For the thousands, yes, thousands of individuals and families suffering from the disease of addiction we know that by providing life-changing interventions we contribute significantly to the mental health solutions in Barbados.

At this time in our history, our work could not be more critical. Addictions cause and contribute to a myriad of social consequences, medical conditions, workplace accidents, costly health care bills, justice related expenditures and unfortunately, deaths. Effective addiction treatment mitigates the dreadfully painful consequences of substance abuse and other addiction on addicts and their families and communities. This reality is our motivator.

## In Transition

2018 has been very much a transitional year for The SAF Inc. As mentioned in the Chairman's statement we significantly expanded our outreach and services to those suffering from addiction but the most significant accomplishment was our successful implementation of the first of several carefully planned renewable energy revenue generating initiatives at a cost



**Marietta Carrington**  
Chief Executive Officer



of over Bds\$500,000. Full details, both financial and technical, are contained elsewhere in this report.

Truthfully, we could not have made such a large investment were we not to have the assurance that our current annual operating expenses, Bds\$4 million per annum, would be substantively covered by The Julia and Hans Rausing Trust and The Maria Holder Memorial Trust, without whose incredible generosity, rehabilitation services might not be available to the desperate families and communities whose lives are wracked by the disease of addiction. With their philanthropic support we have been able to operationalise our programmes at Verdun House and Marina House and to focus on identifying other sources of revenue.

This year we have prepared a separate Gratitude Report to allow us to elaborate on the campaign and special events extending deep appreciation for the level of

ongoing support given by our Board of directors, community, numerous donors, volunteers, corporate partners in the Private and Public Sector, volunteers and the Diaspora.

## Focus on Sustainability

Without doubt, sustainability is a key thematic driver in delivering impact. Social enterprises that operate on a 'for-profit' basis require a dynamic and sustainable model for delivering impact in our society. The SAF is currently exploring options for Phase 2 of our renewable energy initiative in our ongoing effort to be less reliant on philanthropy and donors. More on that as 2019 unfolds.

[See details elsewhere in this report.](#)

## Our Impact

As we indicated last year, 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 not only addresses fundamental social issues such as addiction, crime and domestic abuse but also provides education and skills training in addition to work arrangements through vital corporate partnerships.

In this regard, we undertook an impact study. The initial findings validate anecdotal information that SAF is indeed having a positive impact on our communities. You can learn more about our research projects further in this report.

## Looking Ahead

On an organisational level, the need for sustainable solutions has never been more critical, especially given the current economic climate. Apart from providing financial support the Government and its agencies (e.g. The Drug Treatment Court), NGOs (e.g. Paredos) work closely with us and play 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, world-

**Our work is determined and crafted by scientific evidence; working with experts in the UK and USA.**

class treatment facilities for adult men (Verdun House) and adult women (Marina House), The Substance Abuse Foundation would not be a reality.

The coming year will be challenging as Barbados undergoes an IMF supported Barbados Economic Recovery & Transformation (BERT) Programme. The social fabric will be under immense pressure to provide support for the most vulnerable and disadvantaged in our society. A national environmental scan continues to reveal new challenges.

As we move into 2019, all of

us – the Board, the Executive Team and all of the staff - are committed to being laser-focused on our organisational goals. One important and necessary one will be our efforts to continue to transition and transform The SAF into a sustainable health institution for current and future generations, as we evolve from philanthropy-driven financial support to a for-profit social enterprise. This must be accomplished without losing focus on our guiding vision, mission and values. Our core values must be our “north star”, informing what we do and how we do it.

Going forward, our vision will be to continue to offer hope for the future and healing to clients and their families as we continue our pioneering work in the mental health and addiction space in Barbados and across the region.

## Fundraising

Another critical area of sustainability is that of continuing to raise funds through our many philanthropic initiatives, while building brand awareness through key partnerships.

## Clinical Excellence

Our work is determined and crafted by scientific evidence; working with experts in the UK and USA. We are committed to the science of addiction, why it is a brain disease and to translating this science into our clinical programming, modern mental health and wellness practices, influencing public policy and enhancing the public’s understanding of addiction in its various forms. You can read more about this in our Clinical Achievements sections.

As you know, our work at Verdun House and Marina House is monitored and supported by Action on Addiction in the UK and Hazelden Betty Ford in the USA, two of the most respected organisations that treat addictions. Our treatment programmes will continue to be influenced by science and evidence-based treatment models. Sustaining this will mean continuing to ensure that we invest in our people, by hiring and retaining the



best talent and ensuring that service excellence is part of our organisational DNA.

### Thank you

From my heart, I thank you all for your tremendous support over the year.

We cannot do our work without your support. ▲

# ACHIEVEMENTS



## CLINICAL ACHIEVEMENTS

In 2018 our clinical team continued to provide innovative, evidenced-based solutions to our clients. We are best known for our residential treatment services; however, we want to reiterate that we offer other forms of services to individuals and families, including private outpatient counselling and workplace interventions. Our focus has been and will continue to be removing the barriers wherever they exist so that every Barbadian in need of help can access treatment.

During the period under review, we had an increase in the number of persons referred to us by the Psychiatric Hospital. We recorded 84 admissions (at November 19, 2018) with eight of these having multiple treatment attempts in 2018. We had 64 men and 12 women. Forty-seven individuals entered treatment for the first time. This represents approximately 56% of total admissions for 2018. This is consistent with our 2017 numbers (45 new admissions).

### Helping Beyond Our Walls

We have been tracking the number of persons who have called in or contacted us via social media. Our records indicate that approximately 60 persons reached out to The SAF for information. Several called regarding outpatient services, although the majority called to find out how to access residential treatment. We were able to provide over-the-phone support and assistance, and in some instances, helped them navigate the admissions process with the Psychiatric Hospital.

*Providing services to youth* - We are also noticing an increase in the number of parents and guardians who are reaching out to us for help for their adolescent children (under 18 years). Because we are an adult facility, we were unable to facilitate residential treatment for these minors, instead we provided outpatient counselling to them and their families.

*Outpatient Counselling* - As mentioned earlier, we offer outpatient counseling to individuals and their families who opt not to come in to treatment. We view outpatient treatment as a viable option for individuals who have access to additional resources who can support them in their recovery. Outpatient services include six weekly sessions which can be extended as needed. This reporting period, we had seven referrals for outpatient counselling.

*Workplace Interventions* - This year a team of five clinical staff were trained to provide crisis management to workplaces in the community. Workplace interventions are initiated by a crisis and often lead to individuals seeking further help after the crisis is quelled. Thus, our crisis team is ready to provide on-site intervention and follow-up counselling to workplaces across the island.

### An Emerging Trend in Residential Treatment

In earlier reports, we drew attention to a troubling trend; the number of new male clients between the age range of 18 - 25 was steadily increasing.

TOTAL NEW CLIENTS TO THE SAF (2017)		TOTAL NEW CLIENTS TO THE SAF (2018)	
AGE RANGE	TOTAL: 45	AGE RANGE	TOTAL: 47
18-25	6	18-25	13
26-35	14	26-35	17
36-45	16	36-45	4
46-55	5	46-55	6
56+	4	56+	7

What is unsettling about this trend is that it suggests that young boys are using drugs or alcohol regularly at an early age (before the brain is fully developed), thereby increasing the likelihood of addiction and the significant physiological and psychological problems it causes. Early onset of drug use significantly impacts intellectual functioning, emotional maturity and social functioning. Thus, in-patient treatment must be refashioned to address a younger population who come with complex treatment needs.

**The number of new male clients between the age range of 18 - 25 is steadily increasing, suggesting that young boys are using drugs or alcohol regularly at an early age (before the brain is fully developed), thereby increasing the likelihood of addiction and the significant physiological and psychological problems it causes.**

The relatively young age of this population presented opportunities for our clinical team to employ more creative interventions. The treatment team immediately noticed that many of these young men were exhibiting impulsive behaviours and poor interpersonal skills. They were having difficulty paying attention and were struggling with significant life changes. They often spoke about being subjected to high levels of peer pressure and low levels of family support.

It was against this backdrop that certain modifications were made in the programming. We incorporated additional outdoor activities and

wove the Twelve Steps in a more practical and relatable way for this population.

Additionally, creative and tactile workshops were implemented such as basketry and leathercraft making, which allowed clients to better manage their impulsivity.

Peer counselling was encouraged to build more effective interpersonal skills. One innovative initiative that was introduced was a Conflict Resolution Day whereby clients participated in a wide range of activities that included drama, discussions and experiential sessions. Staff and volunteers created an experience for the clients that without doubt gave birth to some degree of

personal transformation.

This reporting period, fifty percent (50%) of the 84 clients were self-referred. This speaks to the fact that the population was at a high level of readiness to change. Based on our anecdotal observations, this could also be linked to a heightened awareness of The SAF and the services offered as a result of our robust and strategic outreach and social media initiatives that have taken place during this period. People's understanding of addiction appears to be improving and this is steadily resulting in more self-referrals.

*Premature Discharges* - What we also observed during this reporting period is that several clients left treatment prior to completing the full 90 days. When we considered the mean age of this population, coupled with their compromised coping skills, it is not uncommon to see premature discharges. Younger clients tend to have more ambivalence about treatment, although they initially report high



motivation to enter treatment. We are of the view that this ambivalence could have manifested in impulsive self-discharges and is something that the treatment team has taken into consideration when designing treatment plans for this younger population. We also observed minimal conflict resolution skills which very likely played a role in early self-discharges, and so additional efforts were made to help clients resolve their conflicts in a healthier manner. We know that addiction is a chronic disease that gets progressively worse over time and therefore we have put plans in place to help clients mitigate against premature self-discharges.

## CONTINUING CARE

Our 90-day, Twelve Steps treatment model is still considered one of the best approaches to treating addicted persons.<sup>1</sup> This is backed up by research that indicates that most addicted persons need at least three months in treatment in order to arrest, reduce or stop their drug use or those addictions that are associated with behaviours such as gambling, sex or food.

Given the nature of addiction - (i.e. a chronic, brain disease) relapse is always lurking. This means that we should not expect that all the areas that require healing, especially the brain, can be completed in 10, 30 or even 90 days. It is for this and other therapeutic reasons that our Continuing Care programme continues to be one of the most essential components of our overall treatment. It is critical that this service is part of treatment because it is an integral part of the recovery process.

**People's understanding of addiction appears to be improving and this is steadily resulting in more self-referrals.**

# 42

Clients referred to Continuing Care

While in Continuing Care

# 57%

were either in school or working

While in Continuing Care

# 36%

were unemployed

While in Continuing Care

# 7%

were retired

# 48%

were sober at the time of the data analysis



In 2016, we restructured how we provided continuing care services to graduates of our inpatient programme. At the time of reporting, 42 clients were referred to Continuing Care. The average amount of time spent in Continuing Care was 6 to 12 months. While in Continuing Care, 57% (24) were either in school or working. The remaining clients were either unemployed (36%) or retired (7%). Most notably, nearly half of the clients (48%) were sober at the time of the data analysis. This speaks to the importance of continuing support after treatment. Clients who actively participate in Continuing Care benefit greatly for several reasons:

They continue to have access to our counsellors, social workers and family therapist in the event that there is a crisis.

They remain connected to their peers who offer support during difficult times thereby reducing their chances of relapse.

The SAF can more effectively track their progress and provide appropriate interventions if necessary.

The SAF also benefits from the Continuing Care unit because we are able to maintain contact with clients, ensuring that they are more accessible to participate in research initiatives that impact our programme evaluation.

**...we embraced several recommendations from a senior member of the Hazelden Betty Ford team who visited Verdun and Marina. One of these recommendations was the establishment of a Recovery Management Team which provides an individualised approach to clients with multiple treatment attempts.**

In 2018 we embraced several recommendations from a senior member of the Hazelden Betty Ford team who visited Verdun and Marina. One of these recommendations was the establishment of a Recovery Management Team which provides an individualised approach to clients with multiple treatment attempts. Some of the objectives include helping clients be able to recognise their own relapse cycle, change their perception of recovery, alter their core beliefs about themselves, and increase their knowledge about cravings management.

Although the Recovery Management Team is in its infancy, it has already established close working relationships with clients who need extra support to obtain long-term sobriety.

## **PSYCHOLOGICAL, PSYCHIATRIC AND MEDICAL TREATMENT SERVICES**

As part of our integrated approach, we ensure that each client who enters

treatment at Verdun and Marina is provided with psychiatric, medical and psychological services. Our primary medical team is comprised of consulting Psychiatrist, Dr. George Mahy; Medical Doctor, Dr. Ronald Hinds; resident Clinical Psychologist, Dr. Jerine Griffith; Director of Clinical Services, Angela Sealy and Registered Mental and General Nurse, Thaddaeus Toppin-Holder. This multi-disciplinary team meets regularly to discuss, evaluate and recommend appropriate individual treatment solutions.

### *Psychological Services*

We expanded our psychological services team to include two volunteers who were trained and met the criteria to be able to perform psychological testing. This small team is competent to administer cognitive tests and prepare and write reports. This has provided us with additional resources to cope with the growing demand for psychological services.

Over the past four years, we have been providing psychological services on-site and have been striving to fully integrate services into the programming. Psychological services include individual counselling, psychological

assessments, mental health specialty groups and crisis intervention. During the period under review, forty-two (42) clients accessed psychological services. Nine (9) of the forty-two (42) clients were women. Sixty per cent (25) of the clients were referred while in Primary Treatment and the remaining forty per cent (17 clients) were referred once they were in Second Stage. The increasing referral rate speaks to the team's growing awareness of emotional health issues.

### **SPECIALISED GROUPS & WORKSHOPS**

Several new groups were added to the clinical programming to address the multi-layered needs of the incoming clientele. Some of these specialty groups included:

**Dual Recovery (Co-occurring Disorders Group):** We responded to the need for this group to be expanded to include clients who do not have an official psychiatric diagnosis but who nonetheless struggle with managing their emotions and their mental health. During the year, the curriculum was modified to make it more about "emotional recovery". The new format is based on Emotional Anonymous and has alternated between

**During the year, the curriculum was modified to make it more about "emotional recovery". The new format is based on Emotional Anonymous and has alternated between being a peer support group for eight weeks and a psychoeducational group for eight weeks.**



being a peer support group for eight weeks and a psychoeducational group for eight weeks.

**Sexual Health Groups** - Two gender specific groups were created during the year to address the treatment needs of clients who either met the criteria for sexual addiction or who reported an unhealthy link between their sexual behaviours and substance use. The Men's Sexual Health Group focused on the sex-drug link to empower them to make healthier choices in terms of their sexual behaviour once they are living lives of abstinence and recovery.

In the case of the women, issues relating to body image and sexual trauma were incorporated into the overall programme.

**Breaking the Chain** (a combination of our **Anger Management and Criminal Thinking Workshops**): This group was implemented in response to the worldwide phenomenon that individuals who engage in drug use and become addicted often find themselves on the wrong side of the law for all kind of offenses including petty crimes, drunk driving, domestic violence etc. We have found this group to be extremely beneficial. The clients are provided with the opportunity to process the impact their behaviours have had on others - whether it was a result of not managing their anger, feeding criminal thoughts, or revelling in antisocial lifestyles.

**Clients are provided with the opportunity to process the impact their behaviours have had on others...**

**Time Out For Men** - This is a Communication Skills/Sexuality Workshop designed specifically for men. It is believed that close, stable, supportive marriages and significant relationships are important anchors for recovery and thus this workshop addressed communication skills, self-esteem, problem-solving, and sexuality in the context of helping men improve their intimate relationships.

## NON-TALK THERAPIES

Because many clients often experience difficulty in verbally expressing their thoughts and/or emotions, our non-talk or creative therapy options are an integral part of our overall treatment programming. Our non-traditional approaches include art, dance and sports.

The sessions with the clients of Verdun and Marina House were designed to enhance clients' complete development. Various media were used to reach clients who presented at varying levels of understanding. PowerPoint presentations, short videos, role-play, learning through play and discussions were some of the techniques used during the sessions.

### *Dance Therapy*

The focus for Dance Therapy has been on using music and movement to facilitate resolution of underlying addiction-related issues. At the beginning of the reporting

## Our non-traditional approaches include art, dance and sports.

period, the clients at both facilities explored the theme of 'Strength of a Man and Woman' in dance, drama, play therapy and music therapy. They addressed the question, "What is my strength away from the addictions?"

The theme for the Verdun House primary clients shifted to "The Different Faces or Roles of a Man which he carries during Addiction and in Recovery". Clients were able to open up and share through drama therapy, which has led to profound healing for several members of the group.

Dance therapy for Second Stage Clients focused on maintaining individuality and promoting team work and coordination through line dancing. Not only is this activity an excellent form of mental and physical exercise, it created a level of intimacy among the males that they would not have knowingly attempted based on their perception that dancing should include a female partner. This initiative has fostered a love of music and an increase in confidence from mastering this skill.

For the Marina Clients, powerlessness and unmanageability were explored thoroughly using dance and music therapy. The clients were opened to the interventions and saw it as a way of healing. Throughout the process their affect changed from solemn and shameful, to being contented and at peace with the pieces they are putting together



to be stronger beings. This process led to more group cohesion.

### *Visual Arts Therapy*

The “Art as Therapy” activities had several client-initiated sub-themes. The sub-theme of: ‘Imagin’(e) Yourself Being Clean’ became the focus – the main reason being that it provided a framework for the clients of Marina and Verdun to visualise long-term recovery.

In the latter part of the year, clients were involved in various sessions that assisted them on “visualised recovery”. These concepts were captured via songs that they felt related to recovery and by creating affirmations that could motivate them in this area.

Other sub-themes and techniques utilised during the reporting period included:

- ‘Shine through the Darkness’ - using painting to explore emotions.
- ‘Finding Places of Peace’ - The women at

Marina created finger labyrinths that could help them take small journeys into their place of peace. The women were encouraged to use their finger labyrinths to maintain equilibrium - especially when they were tense or in chaotic states.

### *Health & Wellness – An Integral Part of Recovery*

Yoga - Verdun & Marina  
Clients continued to benefit from the structured visits of a dedicated team of volunteer yoga instructors. Ever since yoga was introduced to our treatment programme, clients have reported that they have benefited from the weekly sessions. It is well documented that many treatment centres worldwide use yoga in their programmes because it assists with recovery management, helps prevent relapse, increases emotional healing, reduces cravings and provides a healthy outlet to cope with the stressors of daily life. Without a doubt, these sessions have strengthened our overall health and wellness

interventions.

Physical Fitness - We continue to place an emphasis on physical wellbeing because of the long-term benefits to persons in recovery. During the period under review, clients engaged in various exercise sessions conducted by support staff and various trained sports professionals who are part of our volunteer team. These sessions took place either in the early morning or in the cool of the evenings. The physical fitness facilitators also integrated healthy living practices during their sessions, such as educating clients about the benefits of a balanced diet.

Other activities included: early morning hikes, two sports days where they engaged in various sporting events such as cricket, football and rounders. Clients also engaged in road tennis, table tennis and utilised the gym equipment that is available. Additionally, clients got the opportunity to participate in team sports including basketball, cricket and football. Being involved

in team sports not only increases physical fitness but it helps clients to engage effectively with others, which is another reason why we stress the importance of our sports programming;

As you can imagine, our clients benefit from a wide range of treatment interventions. They are our priority and thus our clinical programming continues to expand and stay committed to the overall wellness of our clients. ▲

Imagine Yourself Being Clean...

#### References

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1. Drug Addiction Treatment. (2015 April 19). *Exercise Leads to Positive Results in Recovery*. Retrieved from <https://www.drugaddictiontreatment.com/drug-addiction-treatments/exercise-leads-to-positive-results-in-recovery/> on 2018, December 17.



# Student Training: Shaping the Future

As the only residential treatment centre in Barbados that has been operating for nearly two decades, The Substance Abuse Foundation has come to be regarded as a valuable training site where students and early career professionals can gain practical experience to advance their career goals.

The SAF staff is committed to sharing our expertise and knowledge with individuals who plan on entering the field of mental health and addiction treatment. We consistently make ourselves available to provide learning opportunities and mentorship to individuals locally and overseas.

What makes SAF's training programmes so unique is that they are fluid and individualised, which allows for a wide range of experiences. This year we had trainees from the field of nursing, art therapy, counselling psychology and social work. We designed an individualised teaching experience for each student trainee and provided one-on-one supervision.

## **Mental Health Nursing**

In February 2018, The SAF's first cohort of student nurses took part in the Nurses' Training Programme. Eleven student nurses from the Barbados Community College (BCC) shadowed the SAF Nurses for two-week stints. The SAF Student Nurses' Training Programme concluded with a total of 173 training hours. The students had opportunities to engage in hands-on tasks to enhance their learning experience. Some primary work assignments included administering medication to clients