

# *Gratitude*

## REPORT

2023



**Marietta Carrington**  
CEO

*“At times, our own light goes out and is rekindled by a spark from another person.” - Author Unknown.*

For far too many, it seems like from the early part of 2020, the “lights” of the world went out! Verdun and Marina, like many charities around the world, were required to keep our lights on so that the hundreds of men, women and families who reached out to us for assistance were able to receive it.

2022 like 2021 was anything but “normal” or “typical” for us. Our clinical and trained non-clinical staff doubled down on efforts. We averaged approximately four to five calls each week per individual! That translates into hundreds of people receiving some form of assistance. The fact that we were able to help so many people – much of it via telehealth and our 24-hour helpline, was testament to the dedicated staff at Verdun and Marina. They worked tirelessly!

Our technology platform and tools were severely tested but that did not deter us from pivoting to virtual therapy in response to the COVID-19 pandemic.

We were able to do all that we did because of you. Your generosity, your selfless giving, your financial contributions – large or small - allowed us to make

*“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”*

- Randy Pausch

transformational changes and create new possibilities in the lives of our clients and their families.

The gratitude expressed in the pages of this report is for you and about you. We are indeed pleased to share and acknowledge the contributions of so many because frankly speaking we could not have succeeded in the way we did without your support.

Thank you for making a difference in the lives of the most vulnerable, disadvantaged and underserved in our communities!



*Thank you  
for making a difference*

# Philanthropic Giving

THE  
JULIA AND HANS RAUSING  
TRUST

*Indisputably, without the Julia and Hans Rausing Trust's belief, support and financial resources, it would simply be impossible for us to provide the life-changing work that we do every day.*

The Trust has been providing critical funding for over two decades which has allowed us to help thousands of men, women, and their families. By any measure this has been a remarkable demonstration of generosity to the people of Barbados and throughout our region. Without their incredible generosity, rehabilitation services might not be available to the desperate families and communities whose lives are wracked by the disease of addiction and the associated mental health challenges.

With the overwhelming and generous support of the Trust, during the most difficult years in our history and we dare say the world, we were still able to: -

- ◇ Offer rehabilitation services to hundreds of individuals and support to their children.
- ◇ Provide family programme therapeutic support to clients and their families.
- ◇ Ensure that clients without skills could participate in our Client Development Programmes and where necessary assist them in completing unfinished education or learning new skills.
- ◇ Work with employers to find suitable and meaningful jobs for individuals.
- ◇ Provide food hampers to clients' families who lost their means of income.
- ◇ Host workshops for employers to help with workplace interventions.

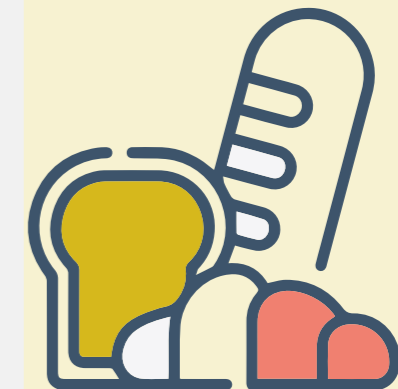
In November 2022, we welcomed Simon Fourmy, Head of Grants of the Hans and Julia Rausing Trust and Nick Kelsey to see the work being done at Verdun and Marina.

Barbados would be less safe had it not been for their caring hearts.

*We are grateful!*



Right: Julia and Hans  
Rausing Trust Team



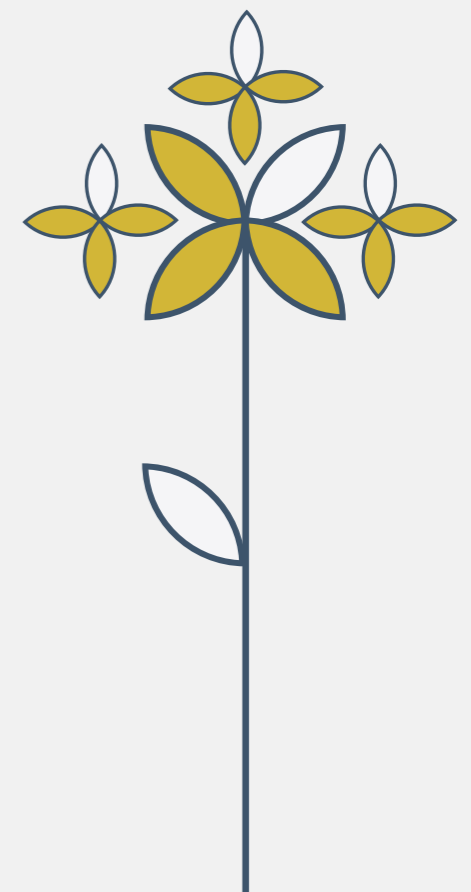


## GOVERNMENT PARTNERSHIPS

*Barbados has experienced unprecedented challenges over the past few years and 2022 was no exception. During this period, we continued to partner with various Government agencies to cushion some of the hardships felt by Barbados' most vulnerable and disadvantaged. We continue to work with the Psychiatric Hospital to minimise procedural access and to accelerate processes to give access to individuals who need residential rehabilitation treatment.*

Our support from the Government of Barbados, primarily through the Ministry of Health (Psychiatric Hospital), has continued and is needed now more than ever. A special thanks to the caring professionals stationed at the St. John Polyclinic within the David Thompson Health & Social Services Complex who responded to our requests for medical and other assistance during what was also a very trying time for them.

**Thank You!**





# CORPORATE PARTNERSHIPS

*Corporate Barbados was figuratively brought to its knees during the peak of the pandemic years and with the added stressors of an ash fall, freak storm, and a hurricane. There was very little appetite for corporate social responsibility giving. We were therefore extremely fortunate to get continued support for our work. In this report we have selected highlighted four companies who dug deep and gave.*



## AUTOMOTIVE ART



We know that the A team at Automotive Art supports the work of many deserving charities in Barbados and beyond. They do so quietly and ask that no public recognition is necessary or given. Please pardon us Dereck and Doug, but we feel compelled to publicly thank you for your tremendous support.

## CIBC FIRSTCARIBBEAN INTERNATIONAL BANK



We know that there are many charities doing amazing work throughout the Caribbean. We are also very much aware that CIBC FirstCaribbean donates millions of dollars across their footprint to these causes. Verdun and Marina continue to be a beneficiary of the Bank's commitment to health and wellness.

Donna Wellington, Managing Director, Barbados and Eastern Caribbean and Michelle Whitelaw, Director of Retail Banking Channels have been stellar in their advocacy for support of mental health and wellness within the bank and of Verdun and Marina. They truly understand that unless our citizens are healthy – mentally and physically, it would be more difficult to have thriving and successful businesses. Thanks to CIBC FirstCaribbean for their ongoing support.



*Left: CIBC Teen Intervene Confident Me*

## SAGICOR



The successful rehabilitation and reintegration into society of individuals struggling with mental health and addiction challenges, requires the existence of strong, structured programmes aimed at developing life skills and providing the tools necessary to earn a living, and more importantly, to navigate real life challenges that increase the possibility for relapse. That's why our Client Development and Educational Programmes are so essential to treatment programme.

When we reached out to Sagicor for a donation of computers they did not hesitate to respond favourably to our request.

Speaking on the donation was Paul Inniss, Executive Vice President, and General Manager of Sagicor Life Inc., who said the decision to support our Client Development Programme was an easy one, given the

alignment between Verdun and Marina's commitment to bettering the lives of their clients and Sagicor's continued focus on improving the lives of those in the communities in which it operates. Thanks Sagicor for coming on Board.



Above: Sagicor gives



---

## DOLLARWISE



A Gratitude Report would be incomplete without mentioning the amazing contributions from Dollarwise – in Barbados affectionately referred to as the “three-dollar store”. This organisation continues to be one of our most consistent corporate partners. We continue to receive our regular donations of cleaning items, plates, cups, and bowls and occasionally, when available, snacks and food items. We thank the owners, directors and all the staff who continue to make a difference in our communities.

## COVENANTS

*Many organisations choose to support the charitable causes they care about by making yearly donations by way of covenants. These financial donations are of tremendous benefit not only to the charity itself but can be very rewarding for these organisations. The companies we have highlighted in this issue have been giving by way of covenants for the past few years. We hope that others will be inspired to do the same.*



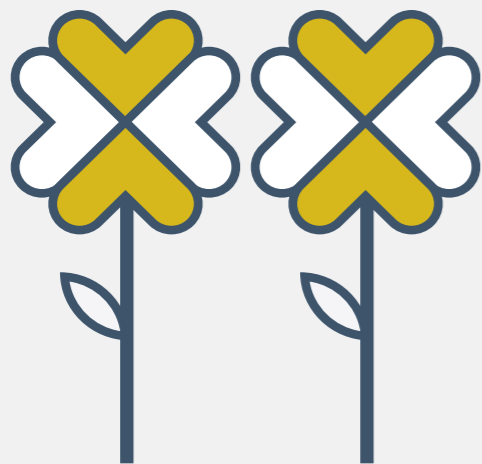
## GODDARDS

There are many worthwhile charities doing amazing work in Barbados and in our region. The idea of addiction as a disease which deserves the same level of care as a disease of the body is often misunderstood and therefore getting support can be a challenge. Not so for the team at Goddard Enterprises Ltd. GEL has been a strong corporate partner for many years. Their yearly covenant as well as the support of our many fundraising activities, contribute to helping us sustain existing rehabilitation programmes and adding new ones in the ever-evolving mental health field.

---

## H N ROGERS STATIONERY

Let us repeat ourselves! The family-owned business of H N Rogers stationery has consistently supported The SAF over many years. While their business interest is about stationery and supplies, their personal interest is also about contributing to our communities. Thank you for supporting our life-changing work. Thank you for helping build a better, healthier, and safer future by continuing to support Verdun and Marina.



# Supporting Our Special Programmes

## BARBADOS COMMUNITY FOUNDATION



**New Skills, Different Skills, Second Chances** - This is what our Client Development programme is all about. It is a critical component of treatment and recovery. The disease of mental health and addiction is also misunderstood and many still think it can be treated by willpower or a moral compass. Therefore, sourcing ongoing financial support can be a challenge. Not so for the team at the Barbados Community Foundation (BCF) because they understand that a healthy and safe Barbados is everyone's business.

BCF has been a big supporter of our Client Development Programme for several years and 2022 was no exception. They appreciate that the provision of treatment for mental health and addiction is only part of the solution and that's why we can always rely upon them to support the men, women and families of Verdun and Marina through our Educational & Client Development fund. This critical funding

provides us with the much-needed financial resources to provide opportunities for our clients to acquire new skills, refresh old ones, complete unfinished programmes, and give second or third chances that will equip them for employment opportunities. Without skills and the ability to take care of their families, the possibility of reverting to the old ways of coping is increased. Everyone is given a chance or two or three despite varying levels of academic capabilities, mental health status or physical abilities.

These opportunities come in the form of in-house training for our six approved skills-based CVQ occupational standards. Clients have also been able to participate in skills training. The list is extensive but includes masonry, plumbing, heavy duty machinery, jewelry and soap-making, nursing auxiliary, bobcat operation and barbering.

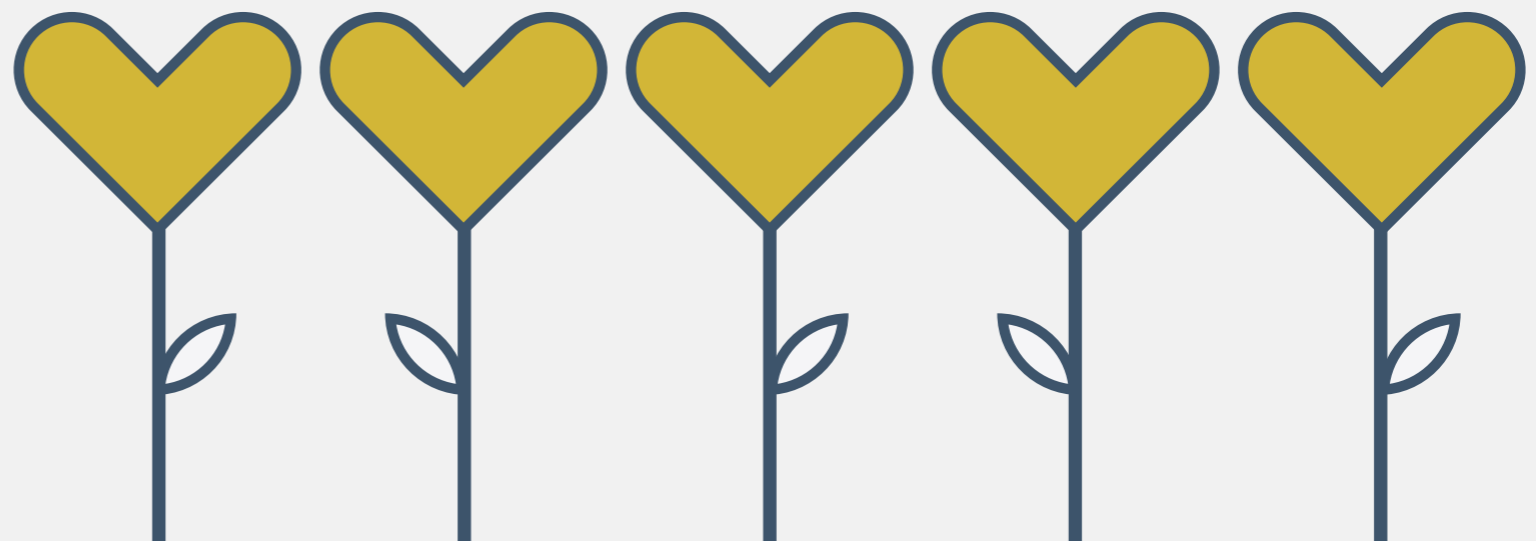
Thanks to the BCF – we are able to provide second and third chances to those in need!

## Individual Supporter – Michelle Whitelaw



Ever since we started to publish an Annual Report and more recently a separate Gratitude Report, we have consistently acknowledged our immense thanks to businesses and individuals who have unfailingly provided necessary funding and donations to Verdun and Marina. In this issue, we want to celebrate, acknowledge and thank a lady of deep faith, immense compassion, incredible integrity and generosity who is simply awesome. We are referring to Michelle Whitelaw! We can't recall a single occasion when we have reached out to Michelle for assistance, and she didn't respond with a YES! We can count on her to purchase poultry and vegetables from our farms!

We can rely upon her to ensure that during the festive seasons, our clients can be assured of extra special meals and gifts! When we were short on chairs for our group room, she immediately came to the rescue...and we can go on... Thank you Michelle for reminding us that our giving must not be about making a donation. It is about making a difference in the lives of others!





# CASH DONATIONS

## Supporting areas of greatest need!

The pandemic created immense financial challenges for companies and individuals. Many of our clients lost their means of income and providing the very basic needs of food and shelter was a challenge. As a result, keeping our doors open and providing additional support to individuals and families were needed more than ever. It is therefore with a grateful heart that we commend and thank the following individuals for their cash donations which were directed to our areas of greatest needs. Thank you so very much!

### CASH DONATIONS

#### Businesses, Corporations, Foundations

Bank of Montreal Barbados Ltd.  
Barbados Community Foundation  
Christ Church Parish Church  
Dollarwise  
Fednav International Ltd.  
Firth Building  
Future Centre Trust  
H N Rogers Ltd.  
Inclusive Education Consultancy  
NspirationPlus  
Pinnacle Feeds  
Royal Bank of Canada  
Real Estate Sales Corp.  
Whitelaw, Michelle

#### Individuals

Austin, Ryan  
Carrington, Hazel & Ian  
Carter, Corey  
Clarke, Gary Charles  
Friends of Verdun  
Harrison, Chris  
Hinkson, Marcia  
Mahabir, Mary  
McIntosh, Allan  
Pipe, Christopher  
Trotman, Don  
Williams, John



# NON CASH DONATIONS

## Equally as important as giving money!

There are many aspects to managing a residential treatment centre. Sometimes individuals want to support but don't always know how. Here are some of the ways in which you can support:-

Volunteer your time.

Donate your professional services.

Provide clothing, toiletries.

Give to our food drive.

Anything that it takes to manage a house. Every gift, no matter its size, is appreciated by the men, women and families who are the beneficiaries of your generosity. We thank each of you who give and prefer to be anonymous and others who just give! Let us thank each of the businesses and individuals who have given and are highlighted below:-

### NON CASH DONATIONS

#### Businesses, Corporations, Foundations

Barbados Hiking Association

Beachview Hotel

Beasley, Guy & Tammie

Berger Paints

Carters Bakery

Cheffette Restaurant Ltd.

Chickmont Foods Ltd.

Christ Church Parish Church

Crane & Equipment Ltd.

Delectable Delights

Dollarwise

Dover Beach Hotel

Drenalin Productions

Gale's Agro Productions

Gallagher Insurance Co. Ltd.

H. N. Rogers Stationery Ltd.

Hummingbird Soap Studio

Kiwanis Club of Barbados

Mixed Nuts

NspirationPlus

Pinnacle Feeds Ltd.

Purity Bakeries Ltd.

R.L. Seale & Co. Ltd.

Roman Catholic Diocese of  
Bridgetown

Rotary Club of Barbados

Sagikor Life Inc.

Seventh Day Adventist Prison  
Ministries

Southern Hatcheries Ltd.

Trinity Outreach Ministries

Vegco Ltd.

Youth Equipped to Achieve

## NON CASH DONATIONS

### Individuals

Alleyne, Korie

Bradshaw, Pearl

Burke, Michael

Davis, Jimmy

Estwick, Debbie-Ann

Griffith, Jerine

Hurdle, Angela

Ince, Sheena-Ann

Jordan, Shawn

Miller, James

Nicholls, Gaynelle

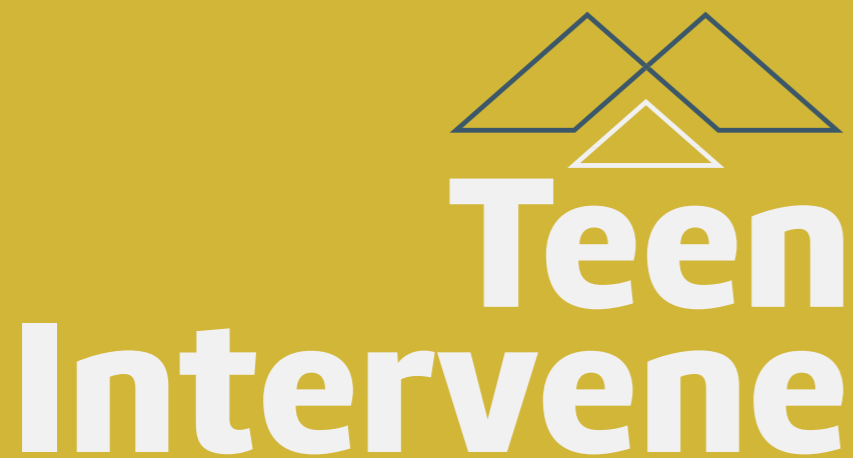
Ward, Marcel

*Thank you,  
for your commitment  
and kindness*

# Supporting Our Teen Intervene & Confident Me Youth and Adolescence Programme

*In 2022, we asked for your support, and you responded with a resounding YES! Your investment demonstrated in a tangible way that you are just as committed and passionate about the health and wellbeing of our next generation as we are. Thank you for believing in us.*

Our 2022 goal was to transform the lives of 50 teens. We reached 86 teens – surpassing our goal by a whopping 86%. Approximately 70% of the participants identified that needed additional help were able to benefit from individual counselling sessions. Your support has given us the foundation to ensure that this initiative isn't just a one off but one that's cemented into the DNA of our overall treatment services – this time directed towards our youth – for the long haul.



## Teen Intervene



Above: Teen Intervene, Confident Me





**TEEN INTERVENE  
TIER 4  
SPONSORSHIPS**

**Sponsorship of  
two full camps/  
workshops and  
counselling sessions  
for each participant**

Automotive Art

CIBC FirstCaribbean  
International Bank

Mount Gay

**Teen Sponsorships  
& Counselling  
Sessions**

Barbados Roaring  
Virtual Lions Club

Beasley, Guy & Tammie

Boyce, Hester

BWU Cooperative  
Credit Union

Caribbean Corporate  
Services

CGM Gallaher  
Insurance

Clarke Gittens &  
Farmer

Rotary Club of Barbados  
West

Royal Bank of Canada  
(Barbados) Ltd.

Solar Watt Ltd.

The Nation Publishing  
Company Ltd.

Williams, Peter &  
Jennifer

**TEEN INTERVENE**

**Individuals  
(Sponsorship of a  
Teen)**

Allman-Goddard,  
Margaret

Ashby, Petula

Audain, Margaret

Barbados Mothers'

Union

Barbados Roaring  
Virtual Lions Club

Bryan, Paige

Carrington, Donley

Carrington, Marietta

Cheltenham, Rhea

Crookendale,  
Chesterfield

Curwen, Kelly

Drakes, Omari

Harvey, Sharon

Ince, Shena-Ann

Inniss, Terrol

Lahal, Marva

Lorde, Margaret

Newton, Corey

Nurse-Reifer, Meta

Sobers, Anthony

Trieloff-Deane, Barbara

Wiltshire, Cherise



*Right: Teen Intervene Camp  
Activities*





# *Annual Charity Golf Tournament*





*Our Annual Charity Golf Tournament, which we have successfully organised for more than two decades, inched its way back and returned to the Royal Westmoreland golf course, after an absence of more than two decades, due to the Covid-19 pandemic.*

Diamonds International who has been a supporter for a similar length of time, reconfirmed the company’s commitment to a healthier and safer Barbados by supporting us once again. In spite of the financial challenges of many of our legacy supporters, we were still able to have a successful tournament and raise critical funding for our programmes. Thanks to Royal Westmoreland, Diamonds International, the following supporters and Board member Pauline Tully’s relentless efforts, we made it through another year.

## **SUPPORTERS**

Arbib, Sir Martin & Lady

Barbados Light & Power Co. Ltd.

Cox, Charles

DeCaires, Jeffrey

Delmas, Frere

Edghill, Richard

Edghill, Roger

Jackson, Don

Laughing Waters

Manulife Manufacturers

Martinez, Alberto & Veronica

O’Shea, Crohan

Shaw, Virginia

Smith, Derrick & Gay

Summit Asset Management

TD Reinsurance Inc.





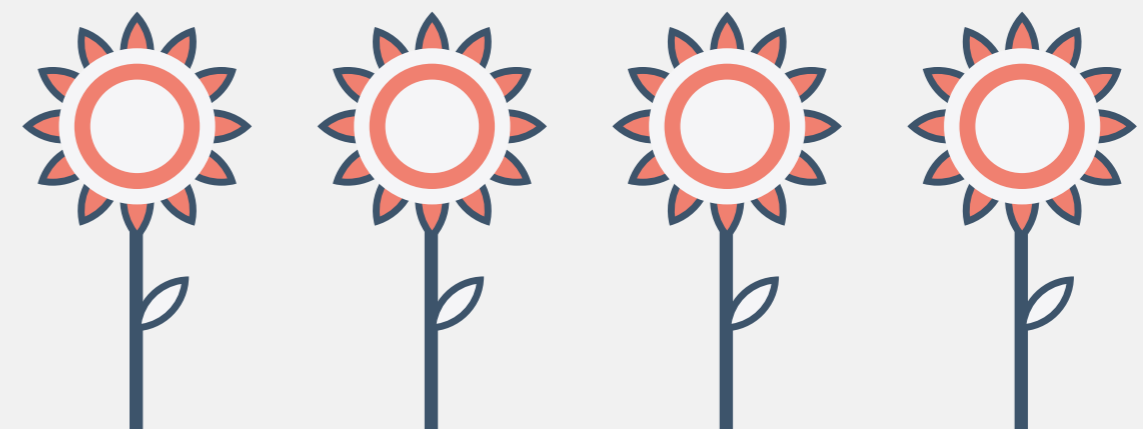
Above: Winners Rows



Well my immediate reaction to that news was, “a new treatment Centre for women?” “Well not for me!” My plans were not God’s plans. On my return to court, I was ordered by the magistrate to go to treatment at Marina House for three months. I certainly was not pleased, but today I am thankful that I was given that opportunity to regain my life. I was sent for three months but I eventually spent one week shy of nine months by choice. I participated in the full treatment experience first stage and second stage.

Today I am pleased to report that I am **SEVEN** years clean as a result of the programme. Through the programme I was given the opportunity to regain my family, I am now trusted by everyone, and I have a career. I recalled the only certificate I had before I went into treatment was my birth certificate and when I completed treatment, I gained certificates which placed me in a position to gain employment at a top hotel in Barbados, which I am currently employed at. I can now provide for myself and my son.

Treatment has blessed me with faith and courage. Faith that everything will work out once I give myself permission to believe and courage to go forward in the mist of my fears. I recalled taking that step of faith four years ago and today I am grateful I did. Treatment at Marina House worked for me and I am thankful that there is a place with caring people, which are capable of giving you that chance at being a productive member of society once again. **(Shavon P. – June 2013)**



## With Much Gratitude

### Testimonial from a graduate of the Marina House programme

*God Sent, are the words I will use to describe my treatment at Marina House in 2016.*

In 2016 I was charged by the court and send to the psychiatric hospital to participate in their Walk-In programme when I heard about a new treatment Centre for women in St. John, from a staff at the hospital.



*“A thankful heart is not only the greatest virtue but the PARENT of all other virtues”. On behalf of the many men, women and families who have benefitted from your generosity.*

*We are indeed GRATEFUL!*

## **Verdun & Marina**

*Verdun & Marina are projects of The Substance Abuse Foundation.*

Company Registration no. – 12928

Charity Registration Number – 372

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

You can reach us at:-

Telephone Helpline: 246-243-0043

PBX: 246-433-3488

 [www.facebook.com/verdunhouse](http://www.facebook.com/verdunhouse)

 [www.facebook.com/marinahouse](http://www.facebook.com/marinahouse)

 [www.instagram.com/saf.inc/](http://www.instagram.com/saf.inc/)

 [www.twitter.com/theSAF246](http://www.twitter.com/theSAF246)