

Gratitude Report

Thank You.



Mariña

Verduñ

Gratitude makes
sense of our past,
brings peace
for today, and
creates a vision
for tomorrow. ...



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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



Thank You from the Chief Executive Officer



Marietta Carrington

We are indeed GRATEFUL -
This is our Gratitude Report

If the only prayer you said in your whole life was “thank you” that would suffice.

Meister Eckhart.

Dear Friends,

We have been cultivating a habit that is slowly becoming a ritual among our clients and staff that encourages a spirit of gratitude. Often times before we start a meeting or a group therapy session the question would be asked: “What are you grateful for today? Sometimes the responses are simple - other times profound: “I am thankful today that I can finally breathe fresh air”, one client remarked this past year.

The ability to continue to fund our existing health and wellness programmes and to expand into areas that are desperately needed continue to be top of mind for our Board and staff. Our Director of Finance & Administration is laser-focussed and disciplined in his oversight of how we spend every penny. The clients that we serve appreciate all that is done for them and their

Thank You

families. Our staff is ever grateful for the kindness and generosity of the many organizations and individuals who continue to provide financial and other support, thereby giving us some assurance that our clients will continue to receive treatment at international standards. We cannot do without you!

In the past, we included our Gratitude Report within the Annual Report. This year, we made a decision to separate our Thanks and Appreciation from our Achievements to allow us to effectively thank the many organizations and individuals who have made 2018 an exceptional one with respect to their generous and selfless donations. For those who ask that their contributions remain anonymous - you know who you are - and we want to thank you also.

In this report we can elaborate on our various fundraising campaigns and special events held over 2018. We can extend deep appreciation for the level of ongoing support given by our community, numerous donors, volunteers, corporate partners in the Private and Public Sector, and the Diaspora. You will read some inside stories from clients who have been helped as a result of your selfless giving.

THANK YOU! We are deeply grateful!

Marietta Carrington
Chief Executive Officer



Philanthropy at its Best .

JULIA & HANS RAUSING TRUST

The SAF family cannot thank enough the ongoing, outstanding support of The Julia and Hans Rausing Trust who have demonstrated year and after year their commitment to helping addicted men, women and families heal. 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.

This 20 year+ support has allowed The Foundation to evolve into a world-class, public mental health institution making it possible for every Barbadian to access treatment services at home.

The generosity of the Rausing Family has been the underpinning of The SAF and truthfully we owe them a debt of gratitude. They currently contribute more than 60% of our operating costs and we don't take their generosity for granted.

With their philanthropic support we have been able to operationalize our programmes at Verdun House and Marina House. This being said, we have been committed to building a sustainability model that will ensure that future generations can continue to access the same level of international standards of mental health and addiction services. Barbados without Verdun House and Marina House is simply unthinkable. ▲

THE MARIA HOLDER MEMORIAL TRUST

The Maria Holder Memorial Trust continued their generosity, building on the previous years' contribution earmarked especially for our

vulnerable women, children and families. The approval of The Marina House Therapeutic Enhancement Project in late 2018 will kick off in 2019. This is another extraordinary example of their commitment to live out their charity's mandate of a "Charity Creating Longevity".

The Chairman and Board of Trustees of The Maria Holder Memorial Trust recognised the importance of this investment and what it will mean for the women, children and social fabric of Barbados and other Caribbean societies. They responded favourably to our proposal and in 2019 the Marina House Enhancement Project, backed by a significant financial investment, will become a reality. There are three components of the project:

Construction of a Chattel house.

The primary goal is the construction of a separate building - away from the main facility - which will provide private spaces for our female clients to meet with their children and other visitors, making supervision of the visiting process more manageable. These mothers and children will be able to interact privately and strengthen mother/child bonding based on client/counsellor sessions.

In addition the house will have:-

- ▶ Intentional spaces allocated for age-appropriate children,

which makes supervision of the younger children easier.

- ▷ Suitable and fully equipped spaces with age appropriate toys, where visiting children can also complete school assignments etc. and where play therapy sessions can take place.
- ▷ Non-talk therapies, relaxation sessions and family sessions facilitated by the Family Therapist. This is a critical component of healing the brokenness of the family units.



Horticulture and beautification

Landscape some of the areas by planting trees for shade, food and establishing a “green” area for safe outdoor play and installing age-appropriate play equipment such as swings and see saws. This enhancement will further allow us to enrich the physical accommodation by making it more children and family friendly.

Farming & Agriculture

The establishment of a farming project at Marina House will allow us to offer the women and their families of Marina House similar learning and development opportunities as those offered at Verdun House. Marina Farms will help us provide therapeutic farming and agricultural options and the ability to create an additional income-generating stream that will

go directly to funding some of our women’s programmes. The Foundation is already approved by the Technical & Vocational Education & Training Council (TVET Council) to administer CVQ occupational standards in Amenities Horticulture Level 1 and Crop Production. We will be able to introduce this certification option to our women.

Thank you for making this happen and showing your commitment to improving the lives of our women and children. ▲

GOVERNMENT PARTNERSHIPS

The Government of Barbados continued to provide financial support through its Ministry of Health (Psychiatric Hospital) by giving Barbadians the opportunity to access mental health and residential addiction services at Verdun House (men) and Marina House (women). This is a 'fee for services' arrangement.

Some of our clients represent some of the most vulnerable in our society. We work closely with the Government social services department to ensure that this population get the help they need.

The other agencies and NGOs such as PAREDOS, Drug Treatment Court, Ministry of Agriculture, TVET Council, are partners with us in helping to mitigate the destructive consequences of the disease of addiction. This financial and other support is needed now more than ever as Barbados moves through a difficult economic period. ▲

“

I loved the family workshop. I attended both sessions and would like to attend future workshops.
/ M.K.

”



**//
Change would have
been impossible
without my fellow
peers in treatment.**





Getting my life back from Addiction!

It all started at the age of about 5/6 years if age, my dad would take me with him on outings with friends and would give me alcohol to sip. It continued on a regular basis up to the time I was about to enter primary school.

On evenings I would wait for my dad to collect me from school and take me home. Most evenings on reaching home my mum would be under the influence of alcohol and could not cook so my father would start a noise and eventually end up in a fight. I started secondary school and my grades were excellent until I "group up" with some friends and started smoking weed. I was assigned at St. Leonard's Boys and would attend Coleridge and Parry some days. It went unnoticed for some time until my grades start dropping.

My mom pass away just before I finished school. It was at that time I took matters into my own hands. I went and learnt a trade - tailoring and was very successful as a young man. I started going to plenty of house parties and consuming large amounts of alcohol and weed. "Minding company" was all my interest and I decided that was all that I was going to do for life!

So with that I got into action and became the leading meeting maker for my one year, - 13 meetings a week. (Wow!).

I had my first taste of cocaine at 19 years and it was awesome. When I was out with my girlfriend partying and going to the washroom and do a few lines of snorting. Partying was it all and I decided that my sewing career was over. It was living in the fast lane now, doing as I pleased. My first taste of police custody came

when I beat up a woman for saying she would lash my puppy (dog for taking her shoe from my door step. I was charged and place on a bond and fine \$200.00 or a month in prison. At this time my drinking and smoking was severe, especially my drinking.

I started working for a drug lord and get free drugs but was not enough.

I had to have rum. I started getting deeper and deeper in addiction - no turning back I said....till death do we part.

I started on a violent path and had no control over it. My rum became my best friend and the woman started going, and my life slowly. I didn't care. I then was given a gun to roll with. Awesome I thought. Powerful and in charge. I cared about nothing and no one. This is life. Nice! Until I was caught with two firearms and serve time of one year in prison. There we go again, my hold life was shattered but I didn't care. This time, it was alcohol, violence and crime. My dad pass away in 1998 and by this time it was over for me. I wanted to get out from the drug life and could not. The drug lord said "I'm too deeply involved as a driver who knows all his moves and business so I went into hiding just to get out. It was a big ordeal for me. I was on the run from police for about a week where I smoke and drink in every parish in Bim until I was caught, beaten once again. JAIL. No one came to my rescue but that was

OK. I got out of jail and went right back into again. Same thing, same results.

Harrison Point was my worst nightmare, scars and memories...is all that's left in my life. Until the turning point when my brother took me to Verdun House.

I graduated from Verdun House after one year of being in a rehab that saved my life.

Lawrence.

On my way I bought a bottle of rum and a package of cigarettes. I had an interview with a counsellor and she said that she could smell alcohol on my breath. That didn't matter to me.

On May 8, 2008, my journey began. It was a place that I never wanted to be. I was as violent as before and wanted to leave. I did everything to get expelled from Verdun House but all attempts failed. I was given chance after chance and was doing well after the alcohol and drugs started clearing up from my body. I completed my first three months (90 days) and was moving on to the Halfway House. I was given a 90 day coin on passing on from Primary level. By this time I had reservations. Should I go

somewhere and drink or go back home. But my Higher Power (God) did had other plans for me. I participated in the halfway programme but didn't want to go to meetings. It was all video for me until one of my peers told me that "I want putting out". So with that I got into action and became the leading meeting maker for my one year, - 13 meetings a week. (Wow!). I participated in the Cattlewash clean-up programme and while where I asked my counsellor David W if we could have a swim. He said No but we did anyway. I had encounter one of my peers in difficulty, drowning and I went and save his life. At this time it was my spiritual awakening. I graduated from Verdun House after one year of being in a rehab that saved my life.

Today (At December 2018) , I attend meetings regularly and do service. It's my life line. Today I am 10 years and eight months Sober.

Lawrence.

(Counsellor assisted editing) ▲



CORPORATE PARTNERSHIPS

(CASH AND NON CASH DONATIONS)

In 2018 we continued to benefit from the very strong corporate partnerships. In this report we would like to call out our top corporate donors and two individuals who have contributed significantly and consistently donated either money or their services. It is these strong and committed corporate partners that make it possible for us to expand our treatment services, giving hope to the hopeless and helping to create a healthier and safer Barbados.

The Tides Restaurant

In 2017, Guy and Tammie Beasley of The Tides Restaurant partnered with us in a Charity Fundraising Event entitled Heal. Grow. Love. This selfless gesture was supported by other donors, contributing food, beverages, auction items, entertainment, audio-visual equipment and staff. The Event attracted over 300 guests and has continued to bear fruit into 2018.

One of the objectives of the event was to support Mothers with minor children. We are pleased to report that we were able to establish a Marina House Scholarship Fund. In 2018 five women with minor children were able to access residential treatment. One of the ladies who benefitted from the scholarship fund had an 18-month old child.

Apart from this incredible generous gift from The Tides, Guy and Tammie took their generosity one step further. In 2018, they launched another initiative that encouraged their dining guests to contribute an additional \$2.00 to their bill. The proceeds from these funds went directly to support our rehabilitation programmes. This initiative contributed an additional \$9,934.00 to this fund. There is no question that Tammie & Guy represent corporate social responsibility at a best practice. We can't thank them

for their expression of love for our clients and their prayerful support for a healthier and safer Barbados. ▲



Tammie is presented with a Plaque - we thank The Tides

The collage features the following elements:

- Logos:** The Tides Restaurant logo, SAF (The Substance Abuse Foundation) logo, Verdun House logo, and Marina House logo.
- Text:**
 - "Every day thousands of people, families and communities in Barbados are directly and indirectly impacted by the destructive, social disease of addiction."
 - "Safe, healthy families and communities in Barbados are everyone's business!"
 - "The owners and management of The Tides Restaurant actively support Verdun House and Marina House so that we can build a safer and healthier Barbados and region."
 - "Help us to help others who are fighting to recover their lives from the destructive disease of addiction."
 - "Help us return men and women to their mothers and fathers, wives and husbands, children, workplaces and communities as productive members of society."
 - "A voluntary \$2.00 will be added to your bill which will go towards helping addicted persons and their families heal and lead productive lives."
 - "If you wish to donate more, please let your server know."
 - "THANK YOU FOR YOUR SUPPORT FOR MAKING BARBADOS SAFER AND HEALTHIER FOR ALL."
 - "THANK YOU FOR YOUR SUPPORT FOR MAKING BARBADOS SAFER AND HEALTHIER FOR ALL."
- Social Media Links:** Instagram.com/saf.bbz/, Twitter.com/TheSAF246, Facebook.com/verdunhouse, Facebook.com/marinahousecare.
- Website:** Learn more at www.verdunhouse.com



Clarke Gittens Farmer Attorneys-at-law

The SAF's legal and regulatory affairs can stand the test of any international audit. This has been made possible by the extremely generous services provided by the legal firm of Clarke, Gittens & Farmer. Nicola Berry, a partner with the firm, serves as a director on our Board. Her sharp legal mind and that of her partners and staff continue to ensure that The Foundation meets its statutory obligations. Their pro bono services are wide and varied and include:-

- (a). Providing us with a comprehensive Statutory Compliance Register
- (b). Vetting our legal agreements
- (c). On-time statutory filings with the various government agencies
- (d). Insuring Board and other Annual General meetings comply with statutory requirements.

In addition to these services, we can always count of CGF to support our various fundraising events. Additionally their staff purchase items from our Verdun Farms and Bakery each week in significant quantities. Thank you, Nicola, your partners and the staff at CGF. ▲



CIBC First Caribbean

CIBC FirstCaribbean continued to provide support and for which we are very grateful. In recent times, they contributed \$10,000 towards the major repairs and expansion of our animal farm. In 2018, they donated a number of benches valued at \$7,000 to the women of Marina House. The men of Verdun House were also included in this generous donation. Michelle Whitelaw, Head of Retail Banking Channels and Barrington Watson, Director of Corporate Investment Banking made the presentation on behalf of the Bank. We thank the Bank for their continued support and a special mention to Donna Wellington, Managing Director of the Barbados operations, Michelle and Barrington for reassuring us of the Bank's continued involvement. ▲

Automotive Art

Dereck Foster, Executive Chairman and Douglas Armstrong, CEO of Automotive Art and their staff have been consistent supporters. This organization has been one that quietly and consistently supports, with 'no desire to shout from the roof top'. However, we hope that they will forgive us for giving them a call out. They take their corporate social responsibility seriously and we want them to know how much we appreciate their support. Thank you, Dereck and Doug. ▲

Bougainvillea Resort

Our international partners who visit Barbados either to help train our staff or to provide valuable support to our clients can be assured of a first-class, South Coast lodging experience at one of the Bougainvillea Barbados Hotels either at Sugar Bay or Bougainvillea. In 2018, William Moyers and his wife Nell Hurley came to Barbados as part of The Foundation's 2018 Drug Awareness Month activities.

William Cope Moyers is the Vice President of Public Affairs & Community Relations - Hazelden Betty Ford, USA and was the featured speaker at the public seminar entitled "Substance Use, Abuse and Addiction in the Workplace". - Their accommodation was fully sponsored by Bougainvillea providing world-class

hotel accommodation and amenities to our international guests. We thank the Management and staff for their consistent support which extended into 2018. In addition to room sponsorships, this group of hotels has consistently provided towels and bed linens, ensuring that our clients always have clean sheets! ▲

Sagicor Life Insurance

Whether through supporting our annual charity golf tournament, attending our fundraising events or providing encouragement, Sagicor as an organization and its senior executives, including Edward Clarke, have been providing support to The Foundation. We are indeed partners with this organization. In 2018, Sagicor provided full sponsorship that facilitated William Cope Moyers, Vice President of Public Affairs & Community Relations and author of the New York best seller "Broken: My Strong of Addiction and Redemption" and "What Now", to visit Barbados as part of the 2018 Drug Awareness Month activities. In addition, the 300+ strong participants also got to hear from Dr Toni Nicholls, Clinical Neuropsychologist on the topic "The Neuropsychology of Addiction". These sponsorship funds allowed us to offer the Barbadian public a workshop of international standards at no financial cost to them. This was truly a gift to those interested in learning more about the disease of mental health. ▲

Cave Shepherd & Co. Ltd (Group of Companies)

Over the years, Cave Shepherd & Co. Ltd has supported our treatment programmes, either with covenants or



Presentation of funds from Run Barbados

general donations. Over 2017 and 2018 we witnessed an upsurge in the level of support, specifically with the Tides Charity Fundraising Event, From Inside the Circle and the extremely generous support of our solar roof top project to the amount of \$20,000 - a single significant contribution from a corporate sponsor which was way above what we had first requested. In addition, Ganzee Barbados, one of the Cave Shepherd Partners, named The Foundation as the Charity to benefit from the Run Barbados 2018 event. We envisage that 2019 will see a deepening of the relationship and support as we both seek to positively contribute to the safety, health and wellness of our country. ▲

Dollarwise

This is approximately four years that Dollarwise have been making donations of cups, plates, toiletries, cleaning items and food items toward The Foundation. These gifts continued into 2018. Thank you to the Directors, the General Manager, Myrna Edwards and all the staff for their on-going support. ▲

Trinity Outreach Ministries International Inc.

Every first Sunday of each month of the past four years, the congregation of Trinity have been donating items of toiletries to our facility. 2018 was no different. This donation has been consistent and significant. Each month we can be assured that our men and women will have available to them items that meet their hygiene needs. Thank you, Trinity Champions. ▲

Our Partners in the Diaspora

We can truly appreciate and thank our brothers and sisters in the Barbadian Diaspora in Canada for their interest and support of the men, women and families who contribute to our organization. In 2018 we want to thank the rector and congregation of St. Hilda's Anglican Church and Trinity at Thornhill in Toronto for the considerable and generous

financial and non-cash donations.

The Very Rev. Douglas Stoute and his congregation contributed substantially to our Solar Roof top Appeal to the amount of BBD \$12,414.00.

For the second consecutive year Canon Stephen Fields and the congregation of Holy Trinity Church, Thornhill Toronto packed a barrel of food items for the men and women at our Houses. The Effort was coordinated by Iverson & Judy Grimes and Linda Robertson. Mary Rouse, Director of Barbados Ball Canada Aid and the many Caribbean men and women who support the event every year. Thank you, BBKA, for your financial donation and for demonstrating that you care for the "least among us".

Dr Grantley Morris of The Caribbean Event contributed 5 much needed computers to support our Library & Learning Centre and both he and his partner, Patricia Sammy, donated towards our Solar Project appeal. We also received contributions from Barbados Ambassadors of Canada, Barbados Ball Canada Aid and The Country Team in The Barbados Consulate at Toronto. Individual contributions came from Isla Barnes, Steven and Mary Cozier, Dr. Juliet Daniel, Margaret C Haynes, Steve and Annis Kirton, Marsene Maloney, Deborah Millington and Earl Williams. ▲

CORPORATE PARTNERSHIPS
(CASH AND NON CASH DONATIONS)



▲ The Very Revered Dean D'ouglas Stoute, Rector of St. Hilda's Anglican Church, Toronto Canada making a presentation to The SAF Ruth-Ann King. In the photo is Angela Sealy, Director of Clinical Services, The Hon. Mary Lou Benotto & Marietta Carrington



▲ Mary Rouse, Director of Barbados Ball Canada Aid making presentation to Angela Sealy, Director of Clinical Services. Marietta Carrington CEO on her left and Dr Barbara Trieloff Deane, Director - Resource Acquisition on Angela's left



Photo - Replacing computers donated to The SAF Library & Learning Centre by Dr Grant Morris., The Caribbean Event.



Donation of food items from Holy Trinity Church, Thornhill Toronto. Iverson Grimes Packing the barrel





Southhalcar Services (Hal Hunte)

In 2017 The Foundation embarked on the first phase of our Renewable Project. The project involved the installation of 502 solar panels on all of our roofs at our Verdun House facility. There was no one either on our Board or staff with the expertise to facilitate what was necessary. Hal Hunte came on board as a volunteer. His tenure working with the Barbados Light & Power Co., his technical training as an engineer and an MBA graduate, and key relationships with the organization that we had selected to install the panels have been invaluable. Hal was in with us from the beginning, facilitating discussions and negotiations with the various suppliers, selecting candidates and overseeing the purchase and installation of the panels. The success of this project would not have been possible without his commitment, knowledge and top-class relationship skills. We thank Hal over and over again for his dedication in enabling us to pursue our Renewable Energy Phase two project which will assist us in achieving our Sustainability Goals. From the bottom of our hearts - we want to thank Hal Hunte! We couldn't have done it without you! We now have a successful Renewable Energy Model, which we will be able to leverage as we embark on the second phase of our plans. ▲



Verdun Saved My life.

At age of fourteen (14) I started using tobacco and alcohol, quickly progressing to marijuana at fifteen (15). During this period, I was already stealing from home and school, so when I ended up in prison at seventeen (17) it wasn't a surprise to me. I spent two (2) years in there and came straight out constant using and instant dereliction.

I bounced around from friends' house to friends' house until I found myself in the City in a dilapidated wooden house without running water, electricity or locks on the doors. I tried living on my own renting rooms only to end up owing the landlords hundreds of dollars in outstanding rent, while all my money went toward marijuana use and alcohol.

A desperation stemmed from this downward spiral and I gravitated toward homosexual behavior to either keep a roof over my head, food in my stomach, clothes on my body, but mostly to keep using no matter what. Crime quickly came back into play again and before long I was back in prison on remand for offences of more serious nature. Eighteen (18) months on remand, and I was back out again around the same friends, in the same areas, doing the same things. By this time I was twenty-two (22).

Within four (4) weeks of leaving prison on bail, I was dabbling with cocaine powder and already mixing it into my marijuana. Another few weeks and I was smoking “crack” on a pipe, without a care in the world. About two (2) months after that, I tried valiantly to quit smoking “crack” altogether and was totally baffled when I found out it was harder than I’d thought. This was a real scare for me. Never before had I ever experienced the anguish and misery like what I was feeling from not getting a drug. I almost committed suicide that very night. The next day, a close using friend told me he’d be going to rehab soon (which I know today as Verdun House). My excuse for not going with him at the time was....“I have too much dirty laundry; they won’t accept me there with all these dirty clothes.”

Caught In the Insanity that is Addiction
Eventually, I did go to Verdun House later in that year, and lasted twenty-six (26) days in treatment. I opted to get some cigarettes smuggled into the compound and distributed them among a few of my peers. This resulted in a drug test. My results came back as positive for nicotine. I was discharged for my recklessness. Following my discharge, I used “crack” cocaine that same night and was back at it like I’d never went to treatment at all. Soon afterward I was arrested for possession of cocaine apparatus and offered an opportunity to go back to

treatment from the Magistrate, which I took hastily. This time in treatment I decided to do whatever was necessary to keep the Magistrate happy, get my family back into my life and generate some serious money. Little did I know I had a reservation to continue using. I was doing a ‘conditional recovery.’ If

I decided that for only a day at a time if I don’t have to use any substance no matter what, I won’t.

particular results happened in my life as I wanted them to, then I’d stay clean; if these results didn’t happen then I won’t use “crack”, I’d just go back to marijuana and keep myself in check. Shouldn’t be that hard. Simple. After five (5) months I relapsed during treatment staying away for three (3) days straight.

I was allowed to return to the Primary Phase for a period of time; then I returned back to Second Phase. I handed back in my cell phone and money, but kept my false pride and over-inflated ego. My phone and money were the foundation of my recovery and without them I felt naked. Furthermore, it’s a voluntary program. Instead of just saying I wanted to leave, I picked a fight with another peer and we were promptly discharged only to meet up later in the afternoon at the same drug

hole laughing, smoking and drinking like nothing had transpired earlier.

Understanding What Help Looks Like

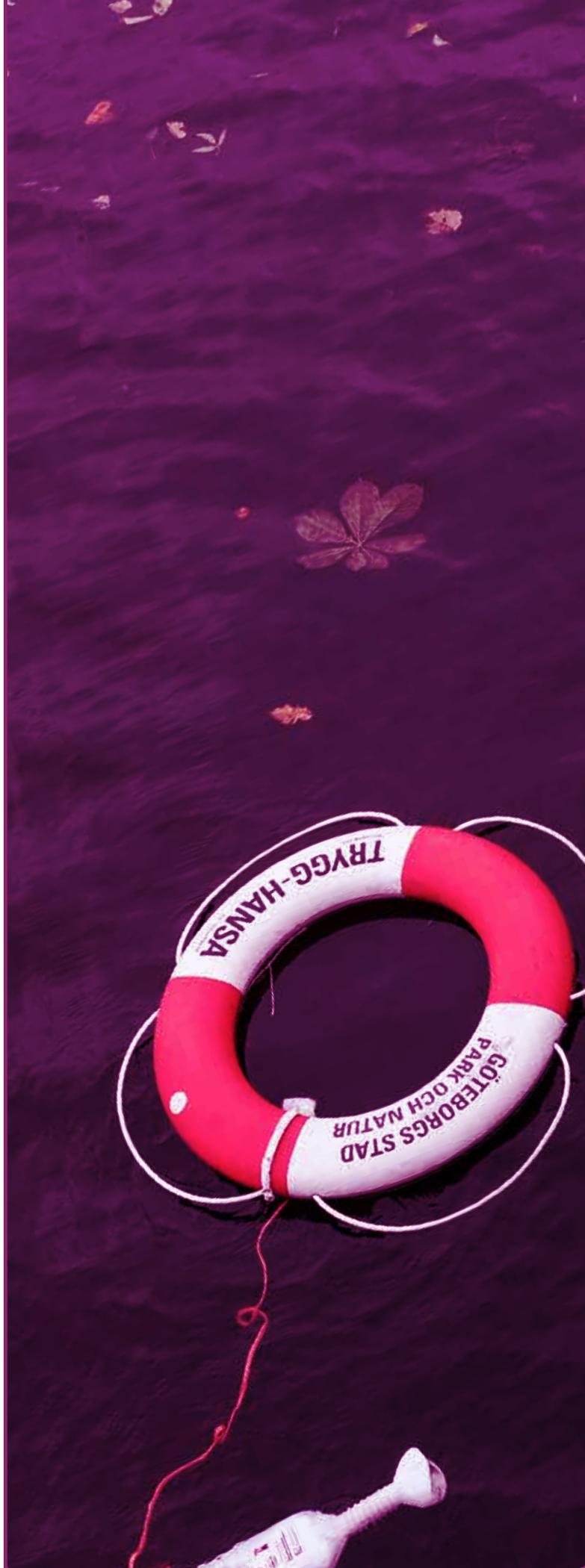
I stayed in that relapse for just under three (3) years while going in and out of prison for further apparatus possession charges and theft. The arrests were becoming more frequent, and the amount of time I was actually spending outside of prison was growing to be less time than what I was spending inside. I landed myself my third apparatus charge in February 2016. You'd think I'd learnt my lesson after the first or second, right?

I had a pretty good story concocted for the Magistrate, which never escaped my lips but rather,

"...want help," is all I could choke out. I was offered that help and given yet another opportunity to go to treatment.

This time the odds were against me. This time, even I didn't believe I could pull off this one successfully. I was broken in every sense of the word. I was desperate for a new way of life. The mere fact of messing up again was so much more frightening than the possible thrill of going to use. I was caught between a rock and a hard place.

I made a decision based on that fear. I

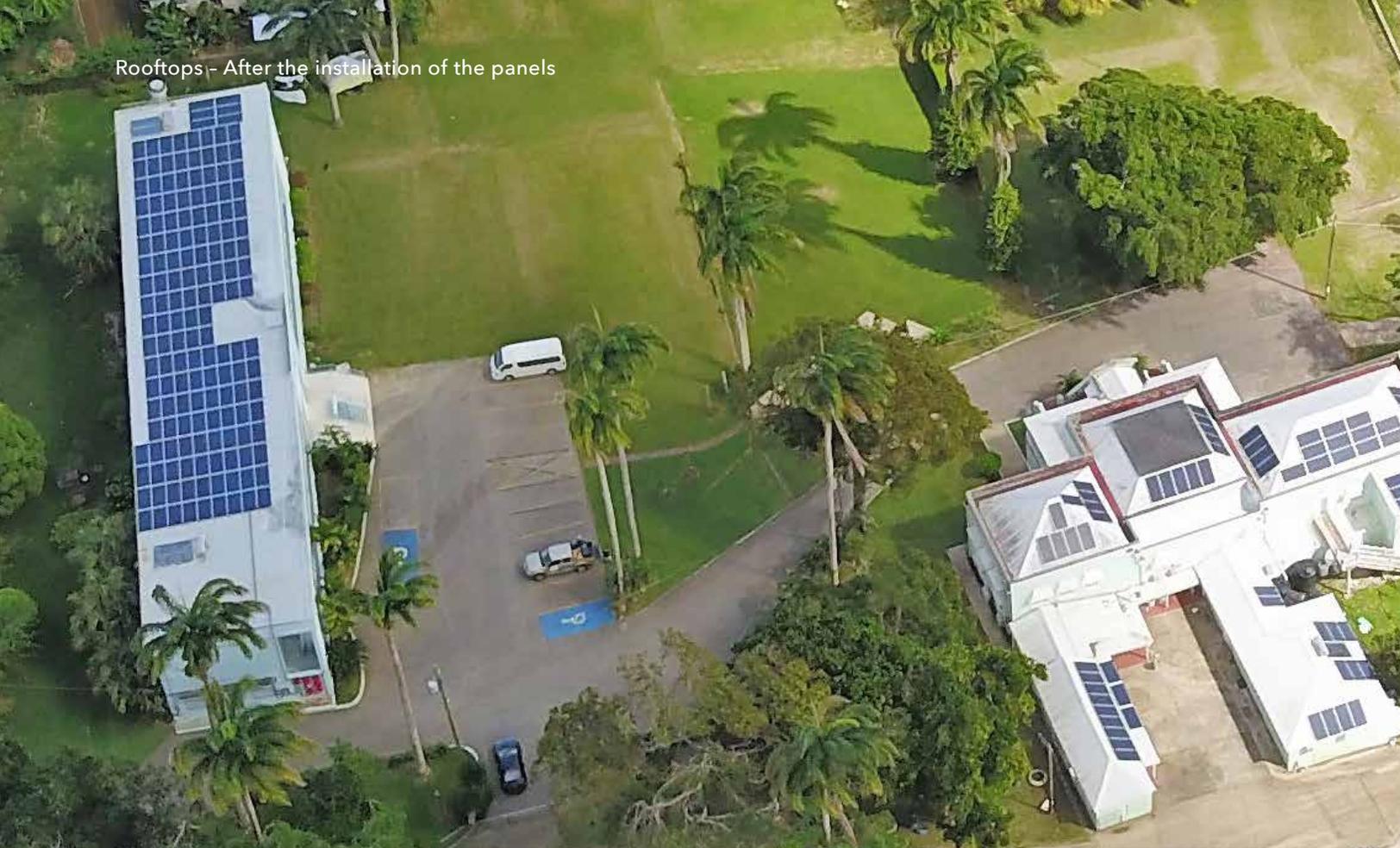


decided that for only a day at a time if I don't have to use any substance no matter what, I won't. I successfully made it through treatment fifteen (15) months later, as a way more optimistic and hopeful young man. I had a fire in me that couldn't be put out unless I allowed it to be. Change would have been impossible without my fellow peers in treatment. We had falling outs and ins with each other. Laughter and tears were shared as we reflected on our lives. I was an angry young man who came very close to swinging fists in many instances but through it all I emerged a stronger man, who today can be asked by any member of the Substance Abuse Foundation (SAF) to speak at any event - not because I'm good

I emerged a stronger man, who today can be asked by any member of the Substance Abuse Foundation (SAF) to speak at any event - not because I'm good with words but because I'm eternally grateful for the time, energy, patience and love they have for me,

with words but because I'm eternally grateful for the time, energy, patience and love they have for me, even though I have left treatment almost two (2) years now. I ensure that I regularly attend Narcotics Anonymous 12-Step meetings, get involved with service at the meetings and also I've recently started to do some Step work with my sponsor. To be honest, even though some days are a bit more challenging than some - they're significantly much better than what I was doing on my best days in active using. With a using and criminal history that lasted more than ten (10) years I'm so thankful that I've escaped the clutches of the imminent doom and gloom of that lifestyle: one day at a time.

I am Alex and this is my story.▲



Support for our Fundraising Campaign

Solar Photovoltaic Solar Roof Top Project - Campaign

In our 2017 Annual Report, we shared with our stakeholders our bold initiative to help us achieve our sustainability goals. Without a doubt our Solar Rooftop Project has been a tremendous success. Moving this project from discussion to action would not have been possible without the leadership of our Chairman, Peter Boos, and his selfless generosity in donating the first \$40,000 to fund 40 of the panels needed, and thereafter, putting his name and pocket behind the

efforts by underwriting a very substantial, interest free, unsecured loan and financial commitment of \$503,000.00.

He received incredible support from the entire board who also made financial contributions. In this regard our heartfelt thanks and special mention must be made of Dr Barbara Trieloff-Deane. Barbara is our Board member responsible for Resource Acquisition. She has been relentless and totally committed to



Rooftops – After the installation of the panels

these efforts, doing much of the heavy lifting and also making a generous financial contribution to the project.

For specific support of our 2018 fundraising campaign, our heartfelt thanks also go to the Private Sector, individual donors and foundations both in Barbados and in the Diaspora. We would like to acknowledge organizations and the many individuals who reached deep into their pockets during challenging economic times to make this launch a success. We would like to note that Cave Shepherd & Co,

Christopher & Jackie Hamel-Smith, The Barbados Community Foundation, St. Hilda's Anglican Church (Canada) and Anne Groves made contributions well in excess of the requests made to them.

Additionally, for our venture, we were able to secure a \$100,000.00 grant from the United Nation's Development Program. Our 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.

At the official signing and media launch of the grant at Verdun House Campus, David Bynoe, National Coordinator of the UNDP's Global Environment Facility Small Grants Programme, said:

"It is with great pleasure that I join you here this afternoon on World Environment Day. It is indeed my pleasure because this afternoon we jointly launch the Substance Abuse Foundation Renewable Energy Farm Project with funding from the Global Environment Facility Small Grants Programme (GEF SGP) and many private sector partners. The partnership is both symbolic and catalytic in securing a green and sustainable future for Barbados. This launch and associated project demonstrate that Civil Society in partnership with Government and the Private Sector has a very important role to play in addressing the global climate and energy issues faced by the world today and in establishing a business model to facilitate this pursuit."

Thanks also go to all of those persons and organizations who supported our crowdfunding campaign on the Indiegogo international platform: Grants and Foundations, Corporate Barbados, Families of clients who graduated from the programme, the Diaspora and the long list of individuals who gave from the "heart".

Grants, Foundations, Companies & Individuals

Automotive Art

AON Insurance Managers (Barbados) Ltd.

ANSA McCal (Barbados) Ltd.)

Barbados Ambassadors of Canada

Barbados Ball Canada Aid

Barbados Consulate at Toronto

Barnes, Isla

Bayview Hospital (2014) Ltd.

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Brome, Anderson

Bourne, Kay

Carrington, Marietta

CGI Consumers' Guarantee

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Cave Shepherd & Co. Limited

Chandler, Frances

Chase, Audrey

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Clement, Hayden

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Cutts, John

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Drakes, Rosita

Emera (Caribbean) Inc.

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 Kirton, Steve & Annis
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 Lange, Allan
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 (Barbados) Corporation
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 Maynard, Veronica
 Molloy, Eddie Dr.
 Moyers, William
 Odle, Wayne
 Outreach in Sky Mall & Sheraton Centre
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 Romilly, Selwyn The
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 Seale, David Sir
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 United Nations Development
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Wilkinson, John & Heather
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WDM Just Grillin'
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Wiggins, Kim
rminoletti3





My journey to healing & Recovery - One day at a time!

Marina House was one of the best choices I have made in my life. I was in a big denial about my addiction, not believing that I could be an addict, after all Marijuana is almost legal everywhere and almost everybody does, not so?

But when I checked in to Marina house, (which was kind easy for me because it's a beautiful place with an awesome view of the East coast) my mind was blown out about myself, my behavior and of course my addiction.

Marina house and all of the staff helped me so much to understand who I am and by knowing myself more I could work on in getting better every day, with all of the groups and activities we used to do every day I was able to heal bit by bit, I can honestly say that was not easy at all

being away from my family, my husband, three small children, and friends for three months but it was necessary and today I can say that the sacrifice was worth it and Thank you Marina House and all of the awesome therapist and counselors, from the kitchen to the security guard everybody there it's whiling to help you in your journey in the house.

Today I am almost 10 months clean and sober and with the grace of God and the support from the loved ones around me, I am continuing in my long journey of recovery. So yes, Marina House is definitely a place to heal and to discover who you really are!

Pricilla ▲



KEY FUNDRAISING PARTNERSHIPS

Diamonds International Charity Golf Tournament at Royal Westmoreland Golf Club

Our Annual Golf Tournament continues to be our signature fundraising event. 2018 was our 20th Anniversary - considered by us as truly awesome. Every year for the past 20 years Diamonds International and Royal Westmoreland have demonstrated their commitment to our work. This is remarkable and we can't thank them enough for their past, present and future support. For twenty years Pauline Tully has superbly led and executed on this tournament - mostly singlehandedly but nonetheless supported by The SAF team. This event has been a key cornerstone in helping us continue to support our treatment programmes and fund operations. Thanks to the following 2018 supporters. Most of these individuals and companies have been supporting this tournament from the beginning. What a tremendous show of consistent and loyal support.



Diamonds International

20th Annual Charity Golf Tournament

SAF Golf Tournament Sponsors 2018

Diamonds International

Mr. & Mrs. Jacob Hassid

Royal Westmoreland Golf Club

Mr. John Morphet



Sir Martyn & Lady Arbib

Mr. Crohan O'Shea

Massy Barbados &

Massy Distributors

Mr. & Mrs. Les Hutchinson

Mr. Ricky Simpson

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Mr. Charles Lewis

Mr. & Mrs. Gerry Houlihan

Bill Longmuir & Sean

Edey Andy Freeman

Norman Barrow of

A&B Music Supplies

Living Magazine

Event Management

Pauline Tully- Board Member
& Organizer of the Tournament

Guy Beauvais

Isabelle Goodman

Irene Mac Donald

Ruth-Ann King

Marietta Carrington

Barbara Trieloff-Deane

From Inside the Circle Concert

We partnered with Mount Gay Distilleries Limited. Raphael Grisoni, Managing Director of Mount Gay Distilleries Ltd, and his team led by Candace Brown and Anies Jordan, hosted a unique fundraising event to build awareness around responsible drinking and driving. Funds raised went towards funding our renewable energy initiatives.



Presentation of Funds from Mount Gay

This is a call-out for persons who donated or purchased tickets valued at \$500.00 or more. Management and staff of Mount Gay Distilleries who led the way by selling tickets Alleyne, Ritchie Carmichael, Sir Trevor KA, LVO, QC Cidel Bank & Trust Clarke Gittens & Farmer (Nicola Berry & Gillian Clarke) Cutts, John & Justyna Stollmeyer, Scott (CGM Gallagher Insurance Brokers (Barbados) Ltd.) ▲

FLOW TV PRESENTS **FROM INSIDE THE CIRCLE** LIVE IN CONCERT **AUGUST 11, 2018**

CONCERT WILL BE FILMED AS PART OF A NEW TV SERIES

Performances by:
 Lennox / Krisirie
 Indra / Mighty Gabby / Emile Straker
 Hosted by: Phil Cartar

Concert will be followed by a small plates reception hosted by three Executive Chefs
 Complimentary alcoholic and non-alcoholic cocktails by best Mount Gay mixologists
LOCATION: Mount Gay Distillery (Spring Garden Hwy, Bridgetown, Barbados)
DOORS: 6:00PM | **SHOW:** 7:00PM

TICKETS: BDS100
 ALL PROCEEDS TO GO TO THE SUBSTANCE ABUSE FOUNDATION INC.
 TO PURCHASE TICKETS PLEASE CONTACT:

Mount Gay Water Centre | Mount Gay Visitor Centre | The Substance Abuse Foundation Inc.
 Anies Jordan | Shelly-Anne-Ryan Taylor | Phil Cartar
 217-8925-9335-3889 | 217-89602516-2441 | 217-7424
 anies.jordan@comp-c.com | shelly.ryan@comp-c.com | philcartar@substanceabuse.com

PLEASE DRINK RESPONSIBLY

//

**My son is in treatment
and I am so happy but
I nearly cried when
Mr. Layne (family
therapist) said,
“Don’t give up yet, the
miracle is not over.”
R.H.**

//



Through the eyes of an 8 year old child participating in Family Therapy

Literary License Applied!

I liked the most about seeing Al/the family therapist was that I did not feel uncomfortable because he listened and laughed with me. He was nice and calm and did not rush me or anything like that. He gave me time to think about what I was talking about and it helped me to understand more about my ADHD. He showed me an easy way to learn my multiplication and division tables that helped me with my math because I am not so good with my tables, and he told me that I was a visual person and I was able to understand more about myself. He told me that I was bright and could do anything I set my mind to.

Thank you Al! ▲

I learnt a lot from the family workshop about how families function. Lots to ponder on. / S.H.





Cash Donations to Support Specialized Programmes

We continue to receive vital cash donations which are allocated to our greatest area of need and special programmes. These needs include funding our Family Programme so that children in families impacted by Substance abuse can receive specialised therapeutic support. Thank you to the Canadian Women's Club who made a significant contribution to support this programme in 2018.

Another area is our Medical Fund where clients can access external specialised medical treatment such as x-rays, dental care, etc. We are deeply appreciative of the following companies and individuals who have contributed to the above, among other areas of identified need:

Dollar a week Contribution
PricewaterhouseCoopers SRL

Covenants

Caribbean Consultants Limited
Roberts Manufacturing Co Ltd.

Cash Donations

Alleyne, Valerie A.
Boland, Monica E.
Bradshaw, Pearl
Bradshaw, Yvonne
Canadian Women's Club
Carrington, C.L.P./D.J.
Forde, Sir Henry & Cheryl
Forde, Martyn
Goodman, Isabelle
Goddard, Larry & Jane, Maria
Gill, David & Family
Gill, Mark & Family (In
Memory of Ana Gill)
Grazette, John
H N Rogers Stationery Ltd.
Jenkins, Marcia and Garrick
Kenny's Sport Centre Ltd
Layne, Allison
Oduyemi, Oluseye and Rose, Cecilia
Regal Furniture Manufacturing Co. Ltd.
Scandella, Ruth
Simpson, Andrew and Tracey
Trieloff-Deane, Barbara
Trieloff, Gregory
Whitelaw, Michelle
Williams, Allison
Williams, John
Worme, Roslyn and Stephen

Non-Cash Donations

Every gift counts! Every life matters!
The persons and organizations who support our work by their donations continued. They are many individuals and organizations that support our rehabilitation programmes by providing professional services and or donating items that we would typically have to purchase.

Thank you so very much
List of companies and individuals -
including photos to accompany the story
Burke, Michael
Capital Media
Caribbean Label Crafts Ltd.
Carters Bakery
Christ Church Parish Church
CIBC First Caribbean International Bank
Estwick, Debbie
Dollarwise
Griffith, Errol
Griffith, George
Organization of American States
Purity Bakeries
Rao, Prabhakar Dr.
Redland Farms Inc.
Rose & Laflamme (Barbados) Ltd
Shallum
Southern Hatcheries Limited
Springhead Farm
Trinity Outreach Ministries
Vegco Ltd ▲



Rotarian Michael Trotman presenting a cheque to Curtis Moise on behalf of an anonymous donor.



Copy of the cover of the Renew Magazine and the Annual Report - Design services donated by Michael Burke and Debbie-Ann Estwick as part of their give-back to the community

We started this Report by saying thank you. We close it by saying how grateful our clients and their families are for your support. We say “Thanks” being ever mindful of one of Dr Martin Luther King’s nuggets of hope and courage that he left for all humankind.

//
Only in the darkness
can you see the stars
//

As we look to the future, we know that your generosity will continue to help our clients see the stars!



thank you.



The Substance Abuse
Foundation Inc.
Verdun House
Verdun | St. John | Barbados
Tel: (246) 433-3488

Fax: (246) 433-5499
Email: info@thesafinc.com
Website: www.thesafinc.com