

**One Day ~ One Week ~ One Year at a Time.**



1992~2022 ♦ 30 Years-One Life at a Time

**2022**

**Annual  
Report**

# Fresh Start Recovery

## Our Mission



Fresh Start is Recovering Lives by Housing, Treating and Supporting People Affected by Addiction

## Our Vision



Every Individual – Recovery for Life

## Acknowledgement

We acknowledge that we are on traditional territories in Alberta of many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries and who have lived on and cared for these lands for generations. We are grateful for the Traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgment an act of reconciliation and gratitude to those whose territory we reside on or are visiting. In the spirit of respect, mutual benefit, and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3, within the historical Northwest Métis homeland. Fresh Start Recovery is committed to advancing reconciliation, partnering with Indigenous peoples, and sharing our work with those affected by addiction.



# Who We Are



*"In the vast expanse of existence, we are never truly alone, for intuition illuminates our path like a steadfast compass, leading us towards the undiscovered realms of our purpose."*

Fresh Start Recovery is a nationally recognized organization that provides addiction treatment using an interdisciplinary approach based on individual needs. Our program recognizes addiction as a chronic brain disorder and empowers individuals to lead healthy and productive lives free from its adverse effects.

Our organization aligns with the philosophy that recovery is restoring an individual's sense of belonging through re-connection with self, others, and community. Fresh Start Recovery's comprehensive goal-setting strategy builds resiliency by developing social support systems within the individual's community. We also offer recreational and therapeutic activities in an atmosphere conducive to physical, emotional, mental, and spiritual growth.

Fresh Start Recovery's peer support model runs in unison with our treatment model of integrated chronic care, derived from the 12 Step abstinence model of recovery and underpinned by a biopsychosocial-spiritual model of therapy. Our diverse and eclectic staffing model boasts approximately three hundred years of combined lived experience, enabling us to bring forth a practical, empirically based approach to treatment.

Established in 1992 and now with locations in both Calgary and Lethbridge, Fresh Start has continued to provide solutions that recover lives by housing, treating, and supporting individuals affected by addiction. Our staff is integral to our success, offering insight, compassion, and understanding of addiction and recovery to help clients re-enter the Community.

# One Day ~ One Week One Year at a Time

*"As a compass guides the lost through unknown lands, so does intuitive insight illuminate the path of the human soul, leading us to hidden truths and uncharted possibilities."*



As Fresh Start Recovery reflects on the past 30 years, we are proud to acknowledge our growth and evolution as an organization dedicated to helping those struggling with addiction. Our journey began with a small group committed to creating a safe and supportive space for individuals seeking recovery. Over the years, we have expanded our programs, facilities, and services to meet the growing needs of our community. In celebrating our 30th anniversary, we acknowledge that our success is rooted in our unwavering commitment to our core values and guiding principles, which serve as our compass for continued evolution, connection, and support of our growing community here in Alberta.





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# Message from the Executive Director



*"Just as a compass finds its true north, intuitive insight guides us towards the depths of connection, fostering trust and dedication. Like a magnetic force, it draws us closer, navigating the intricacies of human understanding with unwavering precision."*

As we navigated Fresh Start Recovery's 30th year, it was a privilege to reflect on the remarkable journey that brought us all to this moment. With the unwavering dedication of staff, board members, alumni, clients, and community partners, we have progressed forward on our path. Our story is one of connection, trust, and dedication.

The compass symbolizes the intuitive insight and guidance within every one of us. It has assisted us in navigating the difficulties, the challenges as well as the opportunities that have been given to us. The compass is the collective wisdom, insight and dedicated demeanour of our staff, board members, alumni, clients, and community partners; it represents a trusted source of inspiration, guidance, and the innate intuition each of us holds.

I am surrounded by humble individuals dedicated to forging ahead. We will continue to innovate, collaborate, and advocate for change, keeping our community at the center of everything we do. Our internal compasses will continue to guide us along a path of truth.

Connection, trust, and dedication have been the foundation of our work; they will continue to be the building blocks of our success, laid on a solid foundation. As we move forward, we know that the insights, opportunities, and people which make up the brilliant mosaic of Fresh Start Recovery will continue to be revealed. It has never been more apparent to me the serendipitous connections that have occurred in the creation of this mosaic; I wholeheartedly trust Fresh Start Recovery will become more striking and defined with each passing experience.

I thank those who have come before us, laying a foundation of connection, trust, and dedication. Thank you to the staff and board members for building on this through your dedicated commitment. To our community partners who have supported us over the years, thank you for your generosity of connection. And most importantly, to our clients and alumni who have trusted us with their care and recovery, thank you for inspiring us and giving us the strength to remain connected and dedicated to making a difference.

I am filled with gratitude to be part of this divine experience. For me, God walks, talks, and shakes hands. Thank you for walking with me, talking with me and shaking hands when we knew it was right!

**Bruce Holstead** <<<<

# Message from the Board Chair



*"We stand unwavering in our commitment to forging stability, empowering resources, and fueling the success of those entrusted to our care. With dedication as our compass, we navigate the terrain of opportunity, paving the way for growth, prosperity, and fulfilling every individual's potential."*

Our board comprises a group of dedicated, charitable, and committed individuals who have made it their decree to support the organization and the staff in their tireless efforts to create a safe, supportive, and healing environment for the individuals we serve. Our board applauds the incredible work that has occurred and is proud to be part of this amazing mosaic. Each of us holds an affinity to the cause, and each brings a genuine commitment to making a difference in the lives of others.

On behalf of the board, I also want to express our most profound appreciation for our community; you have been instrumental in supporting Fresh Start's mission. Whether through financial contributions, volunteer work, or advocacy efforts, you have shown us repeatedly that we are not alone in this work.

We are humbled by the strength and inspired by the commitment shown in each person's recovery story. They are the reason we all do what we do, and we are committed to ensuring they have the support and resources needed to succeed. Thank you all for making this a certainty for so many.

As we look to the future, there is no doubt that we will face new challenges and seize new opportunities, and through the same intuitive insight shared by our dedicated staff, committed Board of Directors, and trusted community support, I trust that we will continue to be guided in making a difference in the lives of those we serve.

In closing, as we embrace this milestone year and take a moment to reflect on the many lives that have been touched by Fresh Start, recognize that everyone who has come through our doors has left a footprint on our shared path and realize we are all richer as a result.

Thank you to our Executive Director for his leadership, vision, and commitment to our organization. Thank you to our staff, board members, community partners, and clients for your unwavering trust and dedication. And thank you all for contributing so much to so many.

I look forward to continuing this journey together and creating an even brighter future for those in need.



»»»» Craig Borgland

# Board Insights



## We welcome Harley Crowshoe to the Board!



We welcome Harley Crowshoe to the Board of Fresh Start Recovery. Harley's extensive experience in Aboriginal policing and his commitment to Indigenous health and wellness will be invaluable assets to our organization.

Harley's ancestry is Blackfoot, and he has dedicated his career to serving First Nations communities in Alberta and British Columbia. During his more than 20 years of service with the RCMP, Harley held supervisory positions as a Detachment Commander in "K" (AB) and "E" (BC) Divisions. He went on to join the Aboriginal Policing Directorate as the Regional Manager, responsible for Alberta and Northwest Territories.

Harley's passion for Indigenous health and wellness led him to work for Alberta Health Services, where he served as the Indigenous Health Senior Advisor and the Indigenous Health Provincial Director. He is retired but continues to work part-time with Aakom-kiyii Health Service guiding their accreditation journey. He also sits on several committees, including the National Advisory Committee on Missing Children and Unmarked Burials.


Harley has received numerous awards for his contributions, including the Queen Elizabeth II Diamond Jubilee Medal, the Commemorative Medal for the 125th Anniversary of Canadian Confederation, and the 25-Year Service Award from Public Service Canada. He was also presented a Soapstone sculpture and Sacred Eagle Feather in recognition of his contributions to the First Nations people of Canada. Harley was inducted as an Honorary Chief of the Piikani (Blackfoot) Nation, including a traditional transfer of a sacred eagle headdress.

We are honoured to have Harley join our Board and look forward to his insights and the direction he will bring in providing hope, healing, and recovery to those struggling with addiction and mental health issues. Please join us in welcoming Harley to the Fresh Start Recovery community.





# Thank You to Our Board Past and Present



*"Let your service be our guiding compass, navigating us towards the destination with unwavering expertise, reliability, and a commitment to our journey's success."*

We thank our previous board members for their remarkable service over the past three decades. Their unwavering commitment, dedication, and industrious efforts have been integral to us achieving our purpose in helping individuals navigate their journey of recovery.

The leadership and guidance consistently provided have propelled Fresh Start's success. The considerable contributions and significant time devoted have catalyzed our organization's evolution. It goes without saying; your role has been indispensable.

Through your dedicated endeavours, Fresh Start Recovery has ascended to a position of prominence in the realm of addiction treatment and recovery services. Your invaluable insights have transformed numerous lives and left an indelible imprint on our community.

As we enter our 30th year, we acknowledge that our present standing is a testament to the diligent work put forth by our board members, past and present. Your altruistic dedication to our mission will be eternally cherished.

## CURRENT BOARD MEMBERS

Craig H. Borgland

Board Chairman

Dale Burstall

Vice Chair, Secretary and Audit Committee

Charlene McLaughlin

Director

Stephanie Borgland

Director

Craig H. Borgland

Board Chairman



Glen Rumpel

Director

Lisa Howland

Director

Harley Crowshoe

Director

Jan Gryckiewicz

Director

# One Day ~ One Week ~ One Year

*"The compass of community commitment guides the mosaic pieces, where each piece represents a shared purpose and unwavering support. We bring together a vibrant picture of connection with compassion as the needle, fostering resilience, empathy, and collective growth for a brighter, more inclusive tomorrow."*

In this year's annual report, we reflect on the incredible journey of our organization. Throughout these 30 years, our organization has profoundly impacted Alberta's communities, offering a safe and supportive space for individuals on their journey toward recovery. The evolution and success we have experienced are a testament to the dedication of our staff, volunteers, and supporters. Their commitment to our mission has allowed us to forge strong bonds and create lasting change in the lives of countless individuals and families. Positioning us as a cornerstone of the Recovery Community.



# At a Glance

We have witnessed a significant evolution within our organization, thanks to our community's steady support, our staff's tremendous commitment and the engagement of our dedicated alumni. We have fostered meaningful connections and strive to build on a solid foundation for our community. Our organizational initiatives have raised awareness and promoted further growth and collaboration with businesses, educational institutions, and critical stakeholders in the community.

We continue to witness a substantial increase in the number of individuals seeking help. Our approach successfully contributes to positive outcomes for many seeking recovery within our community. These outcomes are a testament to our team's experience, compassion, and the effectiveness of the culture we have nurtured within Fresh Start Recovery.

This last year we have evolved and adapted to the changing needs of our clients, implementing innovative interventions and techniques to provide comprehensive care. Our more expansive range of specialized treatment programs addressing substance abuse has also increased our focus on co-occurring mental health disorders. All these further contribute to a client-centred approach to recovery.

Collaboration with community partners, educational institutions, and government established in the last year has enabled us to stay at the forefront of addiction treatment advancements. As we continue to grow, we remain dedicated to empowering individuals to reclaim their lives, engage in recovery, and embrace a lifelong pursuit of an increasingly higher quality of life.

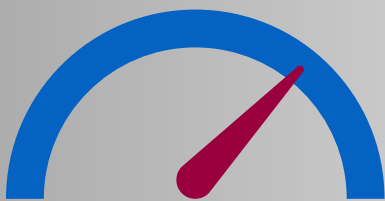


# Housing



*"If our compass guides us on our journey, the need for housing directs us towards stability and sanctuary. It points us towards a place to call home, where foundations are laid, dreams take root, and the true meaning of belonging is found."*

Fresh Start Recovery takes immense pride in our facilities feeling like a home, as they serve as a nurturing environment for those embarking on their recovery journey. Our well-maintained, comfortable spaces reflect our commitment to providing a supportive atmosphere where clients can heal, grow, and build a foundation for lasting change. A clean, welcoming environment is essential in fostering a sense of belonging and community, vital for embracing a life of recovery. Our treatment facilities and post-treatment community housing create a sense of home where clients feel secure, accepted, and empowered to focus on their future. We are dedicated to continually investing in our facilities to meet and exceed the needs of our clients, alumni, and staff.



**72% of clients considered themselves homeless upon entering our program.**



**67% were interested in post-treatment housing after completing phase one.**

# Unlocking Doors to Profound Transformation



*"Like the internal compass guiding us in recovery, it nurtures the spirit, fortifies resilience, and ensures that the journey towards wellness continues, for true healing extends far beyond the boundaries of treatment."*

Housing is essential for every individual. As each embarks on rebuilding their lives, they must find stability and focus on growing. Through our Post-Treatment housing initiatives, individuals receive ongoing support and guidance to facilitate their integration into the community. Supported living arrangements are crucial in ensuring long-term recovery and reducing the risk of relapse.

Recognizing the immediate need for accessible post-treatment housing, community partners in Lethbridge joined forces to provide support for recovering individuals. These partnerships have been instrumental in creating a safe, stable, and sober environment that fosters a sense of security and belonging. We know this as our 46 post-treatment beds in Calgary are always occupied. We have established a continuum that provides the necessary structure and resources, including access to counselling, peer support, and assistance in securing employment and education opportunities while providing a strong sense of independence.

Fresh Start Recovery understands and recognizes that the growing number of Program alumni has increased the demand for post-treatment housing facilities. Organizations and individuals have continued to collaborate with our organization to expand the availability of beds creating and providing additional options to accommodate the rising number of individuals requiring the continued support of post-treatment housing.

By investing in and expanding post-treatment housing resources, we contribute to the overall well-being of individuals and promote healthier, more resilient communities better equipped to tackle the challenges of recovery.

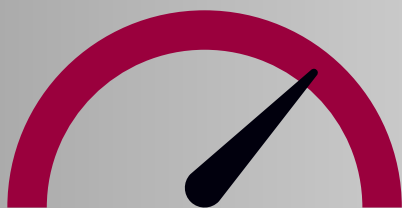


# Treating



*"Within the realm of treatment, intuition becomes our guiding compass, illuminating hidden pathways towards healing. Trusting the inner wisdom that lies within, we navigate the complexities with empathy and insight, unlocking doors to profound transformation and guiding those in need towards brighter, healthier horizons."*

The dedicated staff of Fresh Start Recovery works to impact the lives of individuals seeking recovery, fostering growth, excellence, and resilience among our team, alumni, and clients. Our organization has welcomed the advancement of the Recovery-oriented systems of care (ROSC), a holistic approach to addiction treatment, and continued partnerships with the Government of Alberta, the Northwest Territories Government (NWT) and Correctional Service Canada (CSC) to expand our reach and provide essential support. We offer personalized treatment plans and comprehensive programs, including evidence-based therapies and holistic options to help clients overcome addiction and develop resilience for long-term recovery. By embracing setbacks and challenges as opportunities for growth and learning, we provide our clients with the support and guidance necessary to navigate their recovery journey. Fresh Start remains committed to evolving and expanding our services, positively impacting those affected by addiction and supporting their journey toward a healthier, more fulfilling life.



**72% of clients completed phase one of our program.**



**222 individuals celebrated Gratitude over 2022**

## We Navigate the Complexities with Empathy and Insight



*"Our staff, guided by the innate wisdom of intuition, becomes a beacon of empathy and insight, forging paths towards healing and unlocking doors to transformative journeys, guiding individuals towards brighter, healthier horizons."*

Over the past year, the Fresh Start Recovery team has continued to impact the lives of many individuals throughout the community. Our team has come together as a cohesive unit with an incredible infinite mindset, working to improve the lives of our community members. The passion and commitment of our staff have allowed us to reach more people than ever before, providing support and resources to those who need it most. Our accomplishments are a testament to the strength of our collective commitment and belief in our mission.

As the organization has grown, so has the bond between our staff. The past year has seen a concerted effort to bridge the distance between our two centres, leading to a more unified and efficient team. Through technology and regular communication, we have fostered a sense of camaraderie and collaboration that transcends geographical barriers. Our staff formed a Social Wellness committee dedicated to bringing our staff, team, and families together outside of the work environment to foster and grow the connection, alternating events in both cities and will continue to build on its success thus far. This constructive collaboration between our staff has translated into more effective programs, further strengthening the impact of the Fresh Start organization within our communities.



# Recovery Partnerships



*"In the recovery journey, the partnership becomes our steadfast anchor, grounding us in hope and fortifying our resilience. We navigate the tides of healing. Witnessing the transformative power of unity as we rebuild lives, mend spirits, and embrace the boundless possibilities of a shared journey."*

This encompasses the critical role unity plays in recovery; our partnership with key stakeholders has been instrumental in offering support and resources to those seeking healing. We have broadened our reach, increased treatment accessibility, and fostered a sustainable and effective environment for recovery.

We strive to provide effective treatment through collaboration with various stakeholders and vital healthcare providers, policymakers, community organizations, and individuals. We recognize that we must join forces to develop comprehensive solutions. We have diligently worked towards fostering solid partnerships where we can pool resources, share expertise, and collectively work towards removing barriers to access. We work to identify the challenges marginalized groups face, including financial constraints, geographical limitations, cultural or language barriers, and stigmatization. By understanding these hurdles, we have tailored interventions to address individuals directly.

We are proud of our collaboration with Government and community organizations, reiterating that it is essential to bridge gaps in access. By leveraging existing networks, we can tap into grassroots initiatives, community centers, and advocacy groups already embedded in underserved populations. These partnerships increase awareness of available resources and establish trust among individuals who may have historically faced barriers or apprehension when seeking treatment.

We always seek to capitalize on technological advancements that offer opportunities to enhance access to treatment. Telehealth platforms, mobile applications, and online support groups have helped expand our reach, particularly for those with limited mobility or transportation options. Fresh Start endeavours to embrace innovation and integrate technology into our treatment.

Our partnerships with The Government of Alberta, NWT, and CSC have profoundly impacted individuals struggling with addiction. Fresh Start Recovery is pleased to see a common language and direction come to the forefront of treatment. Recovery-oriented systems of care represent a shift from a traditional disease-based model of addiction treatment toward a more integrated approach. We recognize the importance of the individual's personal journey toward long-term recovery.



# Recovery Oriented Systems of Care

The Alberta government has been a champion of Recovery-oriented systems of care, recognizing the need to move beyond a focus on addiction treatment and towards a broader emphasis on recovery supports and services. This shift aligns with Fresh Start Recovery's long-standing commitment to providing evidence-based, person-centred addiction treatment that focuses on supporting the individual.

At Fresh Start Recovery, we believe long-term recovery is possible for everyone, regardless of past experiences or circumstances. We recognize that addiction is a complex disease requiring comprehensive treatment that addresses the underlying factors contributing to addiction, including trauma, mental health issues, and social determinants of health.

Our Recovery-oriented approach to care includes a range of evidence-based treatments and supports, including cognitive-behavioural therapy, motivational interviewing, trauma-informed care, and mindfulness practices. We also offer a range of complementary activities, such as yoga, meditation, and others, to support our client's physical, emotional, and spiritual well-being.

Fresh Start Recovery also recognizes the importance of recovery support and services in helping individuals maintain long-term sobriety. We offer a range of aftercare programs through our Outreach team, including relapse prevention, counselling, and a multitude of other supports, to help individuals navigate the challenges of early recovery and build a solid foundation for lasting recovery.

Our commitment to Recovery-oriented systems of care is reflected in our accreditation with commendation by Accreditation Canada. This independent, not-for-profit organization sets standards for quality and safety in healthcare. This accreditation recognizes our commitment to providing high-quality, evidence-based addiction treatment that supports individuals in their journey toward recovery.

As we look to the future, Fresh Start Recovery remains committed to advancing Recovery-oriented systems of care in Alberta and beyond. We are proud to be part of a movement toward a more compassionate, person-centred approach to addiction treatment and recovery. We will continue to work tirelessly to support individuals and families affected by addiction.



# Supporting



*"Connection is the magnetic bond that unites us, trust is the needle that aligns our hearts, and dedication is the intuitive compass that guides our shared journey."*

Our 2022 annual report reflects Fresh Start Recovery community's connection, trust, and dedication. This past year has been a testament to the power of collaboration, compassion, and shared purpose in supporting individuals and families affected by addiction. Our community comprises clients, alumni, staff, volunteers, and numerous partners who have created an environment that fosters healing, growth, and transformation. Throughout 2022, we have seen incredible acts of generosity, advocacy, and support. Our community has rallied together to raise awareness, break down stigma, and offer a helping hand to those in need. We are immensely grateful for the collective efforts and the commitment of everyone involved in the Fresh Start community. As we look back on the last year and the lives we have touched through our Outreach and events, we are inspired and look forward to our community's continued evolution and impact in the years to come.



78% of clients indicated that their role as a caregiver was important to them.



72% of clients indicated that they had good friends who supported them.

# We Cultivate Empathy, Celebrate Diversity, and Forge Lasting Connections



*"Resilience is the magnetic force that keeps us steady in the face of adversity, while intuition serves as the compass guiding us towards inner strength and clarity. Together, they navigate life's winding paths, empowering us to rise above challenges and chart a course towards resilience, wisdom, and uncharted possibilities."*

We understand that addiction is a complex and challenging condition, and recovery requires significant resilience and determination. Resilience is defined as the ability to adapt and recover from adversity, and it is an essential component of recovery from addiction.

At Fresh Start, we help our clients develop resilience by guiding them to the appropriate social support and resources they identify that will contribute to their pursuit of an increasingly higher quality of life and building that life.

We believe that every person's journey to recovery is unique, and we work closely with each client to create a personalized treatment plan that meets their specific needs and goals. At Fresh Start, we understand that setbacks and challenges are a part of the recovery journey. We encourage our clients to embrace these challenges as opportunities for growth and learning.

Our growing alumni provide ongoing support and resources to help our clients maintain their sobriety and continue to build a healthy, fulfilling life in recovery. We also offer family support services to help families navigate the challenges of addiction and their path to recovery.

We are proud to be a leader in addiction treatment and recovery. We are committed to helping our clients develop the resilience they need to pursue an increasingly higher quality of life while building a new life for themselves. We are grateful for the trust and support of our community, and we look forward to continuing to provide high-quality addiction treatment and recovery services to those in need in the years to come.



# Physical



***"Physical well-being is the cornerstone of a life well-lived, fueling our energy, strength, and zest for all that lies ahead."***

Physical activity plays a crucial role in recovery, providing numerous physical, mental, and emotional benefits to those who engage in it. Incorporating various activities such as power hour sessions from Mission Fitness, yoga, meditation, volleyball, basketball, and floor hockey, our program helps individuals to improve their overall well-being and build resilience against relapse. Exercise has been scientifically proven to reduce stress, anxiety, and depression, common triggers for substance abuse. Furthermore, engaging in physical activities fosters a sense of accomplishment and self-efficacy, empowering individuals to believe in their ability to maintain sobriety.

In addition to improving physical health, our diverse range of activities promotes social connections and camaraderie among participants. By participating in team sports, individuals learn essential life skills such as teamwork, communication, and conflict resolution, which are vital in their journey toward recovery. Clients build their physical strength virtually and in person through daily Power Hour, and the program is designed so that they can continue at home with the equipment readily available in their house. Client's physical limitations are also kept in mind with lighter activity or time to further their recovery assessed case by case. Activities like yoga and meditation cultivate mindfulness and self-awareness, enabling individuals to develop better-coping strategies and emotional regulation.

Through these varied activities, our program holistically addresses the complex needs of those recovering from addiction, providing them with the tools and support necessary to achieve lasting recovery and a healthy, fulfilling life.



# Sustenance



*"In the act of breaking bread, we discover the true nourishment of community. Gathered around a table, barriers dissolve, and bonds strengthen. Through sharing meals, we cultivate empathy, celebrate diversity, and forge lasting connections, contributing to a mosaic of unity that sustains us all."*

We highlight the pivotal role of food and nutrition in the overall well-being of clients, alumni, and our staff. We recognize that a balanced diet is fundamental to fostering physical and mental health, which is essential for individuals overcoming addiction and working towards long-term wellness. Our dedicated kitchen teams provide healthy meals, ensuring that everyone at Fresh Start has the nutritional foundation to thrive and succeed.

Beyond sustaining our clients during their stay, our kitchen serves alumni and staff throughout the year and cooks wonderful meals for our community events. By offering wholesome, nourishing meals, we not only strengthen the physical health of our clients but also create a supportive environment that fosters a sense of community, benefiting those engaging in a path of recovery.

We remain steadfast in our dedication to maintaining this vital program component. Our focus on nutrition and our commitment to helping individuals and families affected by addiction reinforces our mission to support the growth and long-term success of our clients, alumni, and staff, ensuring that everyone at Fresh Start Recovery has the nutritional foundation to thrive and succeed.



# Outreach

*"Follow-up, like a compass, ensures we stay on course in the journey of care. We calibrate our compass with each interaction, reaffirming our commitment to support, heal, and empower. We navigate the twists and turns of progress, guiding those in our care towards a destination of sustained well-being and renewed life."*

The Outreach team assists clients as they progress their recovery journey. Our team offers indispensable guidance and continuous support, building on the solid foundation found in Fresh Start Recovery. After completing formal treatment, we acknowledge that clients may encounter instability. To address this, our Outreach team supports all life areas and support through continued check-ins and peer mentoring.

In conjunction with our extensive services, Fresh Start presents a six-week relapse prevention course and a life skills program at our facility for those looking to enhance their recovery journey. We recognize that finishing treatment is not the ultimate objective; instead, it marks the commencement of a lifelong dedication to sobriety, happiness, and hope resulting in a higher quality of life.

With the rental market's record highs, affordable sober living is crucial to the success of those we serve. Our Outreach Department oversees our post-treatment housing and conducts weekly check-ins with clients to support their ongoing journey toward sobriety. Through our own post-treatment housing and community partnerships, we assist as many alumni and their families as possible.

Over the last year, we have had substantial growth in our Outreach team, expanding from four to six dedicated individuals. This advance was integral in our ability to support the continued growth of our alumni and organization. We have also started preparing for the completion of an enhanced outreach program in 2023. Our community's remarkable support, your donations and the Government's commitment have made this program and expansion possible. Our objective is to foster a lasting recovery in our clients through our continuum of care, and this expansion will serve as a vital bridge in our mission.



# Events



Over the past year, Fresh Start Recovery has made significant strides in expanding our presence in Alberta, further strengthening our position as a leader in the recovery community. By increasing our unity and community engagement, Fresh Start has better supported those in recovery and their families.

Over the year, we have held numerous events, birthdays and Gratitude ceremonies, alumni gatherings, and the 12 Stop Ride for Recovery Motorcycle Road Rally. These events brought the community together and provided opportunities to share experiences and knowledge and have a great time celebrating recovery.

In celebration of our 30th anniversary, Fresh Start hosted Recovery Day Calgary and a Community Perspective on building community during National Addictions Awareness Week. These events featured guest speakers, panel discussions, and the recognition of community partners who have contributed to the organization's success. Recovery Day Calgary included proclamations from the Mayor of Calgary and the Alberta Minister of Mental Health and Addictions.

Christmas open houses were held, showcasing the organization's continued growth and commitment to the community, and the year concluded with a New Year's dance, bringing staff, clients, and the community together to celebrate their accomplishments and look forward to a Fresh Start in the new year.

As we continue to evolve, our organization remains dedicated to helping individuals recover while maintaining a strong community presence. Through continued efforts in community engagement, events, and collaboration with partners, Fresh Start is poised to make an even more significant impact on the lives of those in recovery and those still struggling with addiction.



# 30 Year Gala



Our 30th-anniversary gala marked a significant milestone for our community, symbolizing three decades of resilience, unity, and transformative recovery by housing, treating, and supporting those affected by addiction. This event was more than a celebration; it was a testament to our shared journey and reaffirmed our collective strength.

Every attendee, every story shared, and every moment of laughter and tears echoed our beautiful history of engagement in community and recovery. We came together not just to reminisce but to honour the resilience of those who've walked the path of healing and to inspire those on this journey. We highlighted some of the individuals and groups that have impacted our community in 2022 and reflected on those that have affected the past 30 years.

The gala served as an emotional reminder of our mission's profound impact. It highlighted our unwavering commitment to providing hope, healing, and support to those grappling with addiction. It was an evening filled with gratitude for progress, acknowledgment of the challenges, and a determination to press forward.

As we reflected on 30 years of service, we were reminded that the power of recovery isn't just about individual transformation; it's about how these personal victories collectively shape and strengthen our community. The gala celebrated this beautiful interplay, a tribute to the power of connection, trust, and dedication.





# Alumni Connection



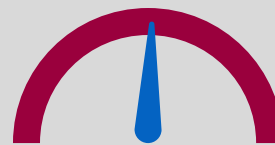
*"Alumni, with intuitive compass in hand, navigate the labyrinth of recovery, inspiring others to trust their inner guidance, find strength, and forge their own transformative paths."*

The power of our alumni shines through a continued connection in our organization. New clients and the community are brought together through various events and experiences. They have become dedicated volunteers and participate throughout the year. Our alumni take the initiative to organize and host numerous activities, creating ample opportunities for engagement and support. These events strengthen the connection between alumni and current clients and foster a sense of community among all those involved in the recovery process.

Events alumni host include sober social gatherings, speaker meetings, step and topic discussion meetings and sobriety milestone celebrations. Additionally, alumni coordinate recreational outings, volunteer opportunities, and community service projects, which allow individuals to bond over shared interests and experiences while giving back to the community. Doing so creates a vibrant and supportive network that extends far into the community, connecting alumni and clients to the broader community to promote recovery and personal growth. Fresh Start Recovery's alumni network fosters long-lasting recovery and empowers individuals to lead fulfilling, connected lives.



in 2022 Alumni celebrated  
1023 years of continuous  
sobriety.



50.8% of alumni achieved 1 year  
of continuous sobriety in 2022 that  
completed group in 2021.

# Reunited



*"Within the embrace of family, intuition thrives, weaving an intricate mosaic of unspoken understanding, guiding us through the labyrinth of love, with heartfelt connections as our true compass."*

Ron K, a Fresh Start alumnus, offers an inspiring recovery story after being referred to us through N.W.T. His struggle began at 13, and though he sought help at multiple treatment centers, sobriety eluded him. In 2016, he came to Fresh Start for the first time and returned in 2020 with the willingness to push forward and take the suggestions from our program and implement them into his life. Upon completing phase one treatment, he moved into Fresh Start's post-treatment housing in Calgary.

Ron learned, adapted, and leaned on his support despite an initial relapse. He joined the Alumni Association, maintained contact with his sponsor, and continued living in our post-treatment housing. Today, he has over two years of continuous sobriety. Ron has also transformed his personal life, reconnecting with his 13-year-old son, who lives with him full-time. He values his connections within the community and credits Fresh Start with equipping him with the tools for an alcohol-free life.

Ron knows he can lean on his supportive community. Fresh Start and the post-treatment housing program have empowered him to maintain his sobriety and build a new, healthier life. We're proud of Ron's achievements and honoured to share his story.

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Allanah A's journey is a testament to the power of resilience and determination. Hailing from Lethbridge, she turned to Fresh Start Recovery for support in her battle against addiction.

Her commitment to recovery was immediately evident. She embraced service work early, becoming a support for new program clients. This fortified her recovery and served as a beacon of hope for others. Post-treatment, Allanah remains an active member of the Alumni Association and the Lethbridge recovery community, choosing to stay close to her roots and family.

Her journey is a shining example of the transformative power of recovery, underscoring the possibilities of a purpose-driven life in sobriety. Currently, Allanah holds a service position as one of the birthday chairs within the Alumni Association and lives in post-treatment housing. She has secured employment, contributes to the community, and is present in the relationships in her life today.



# Giving Back



***"Intuition, a guiding light within, directs us to give back purposefully, fostering profound connections and creating ripples of positive change in the world."***

Katie, an active Fresh Start Alumni member, is pivotal in arranging meetings and greeting sessions in the alum association. She completed her first year at Fresh Start with tenacity, continually revisiting the centre to nourish her recovery. Katie's dedication to helping others demonstrates her commitment to the association and centre.

Katie and her brother Rob are alumni of our organization, and their grandparents founded Fresh Start Recovery.

Fresh Start salutes the vision and commitment of the Berthelotte family and individuals like Katie, who help transform lives and inspire hope. Katie is employed part-time as a CSW with Fresh Start Recovery. She and her partner are enjoying life while raising their children.

Dave P. has been on a long journey to sobriety, engaging in the recovery community since 2007. Despite initial relapses after short-term treatment at other treatment facilities, he achieved eight years of sobriety through 12-step meetings and service work. Unfortunately, as he explains, complacency led to his drift from these supports, resulting in his relapse.

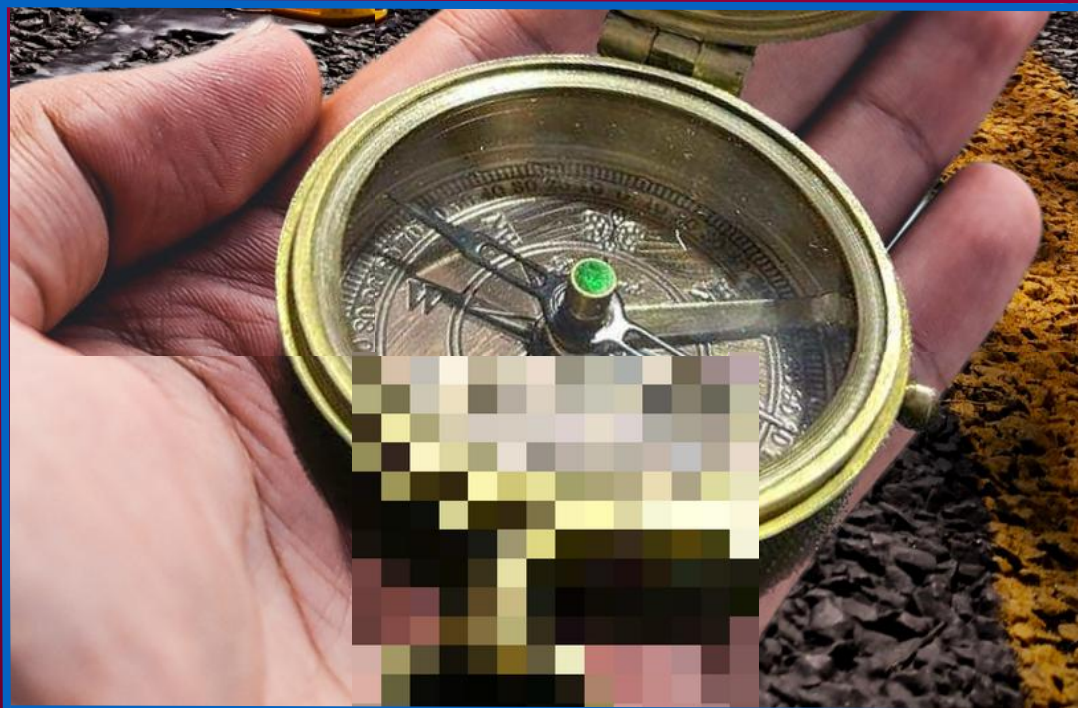
In 2021, Dave turned to Fresh Start. Since joining, he has marked two years of uninterrupted recovery, crediting the supportive community at Fresh Start for his progress. Now residing at our post-treatment housing, Dave contributes to the community by maintaining the surroundings and participating in our many events.

At 57, Dave's determination to aid others is undiminished. Looking forward, Dave aims to strengthen ties with his six sisters and continue working full-time. He is also a part-time CSW at Fresh Start and plans to enroll in a Social Worker diploma program at Bow Valley College in September.

Despite past struggles, Dave has found solace in his post-treatment housing, cherishing the connections with his fellow alumni. He views it as a sanctuary, a haven offering invaluable support on his path to recovery.



# Family Perspectives



*"Let us rewrite the recovery narrative, shifting the focus back to values and principles that inspire transformation, resilience, and lasting healing. By embracing compassion, empathy, and authenticity, we can redefine the journey towards wholeness and empower individuals to reclaim their stories with strength and purpose."*

Over the past years, we have seen the transformative impact of the Family Healing Program on the lives of family members and friends affected by a loved one's addiction. This program empowers participants with new perspectives, essential tools, and invaluable understanding to navigate the complex dynamics of addiction. Individuals can better support their loved ones on the road to recovery by focusing on personal growth and establishing healthy boundaries.

The Family Healing Program encourages participants to re-evaluate their roles in their loved one's life, resulting in improved relationships and more effective communication. Participants often come to us feeling overwhelmed, hopeless, and uncertain about the future. However, after engaging with our program, they express gratitude for the newfound clarity and the ability to detach themselves from the grip of the disease.

While it is crucial for those struggling with substance misuse to address their challenges, we also recognize the importance of healing and support for their families and friends. Addiction is a family disease that impacts everyone differently, and all parties involved must receive the necessary help and guidance.

The Family Healing Program is a testament to the generosity and support of people like you. Your contributions have allowed the program to thrive and make a lasting difference in the lives of those touched by addiction.

As we move forward, we are excited to implement changes in the program to better support families in the coming year. Through ongoing learning, love, and support, we will continue to empower individuals and families to break the cycle of addiction and embark on a journey of healing and recovery together.

# Family Healing Alumni

"I completed the family healing program in 2020 where I, for the first time, felt as though my chaotic life was understood and I was able to begin to address it in a safe environment. It was a space I could be vulnerable enough to address my own hurts and fears. The family healing program was the beginning of a walk towards finding my own peace and tools to living in a way that was conducive to personal healing and growth. After the Family Healing Program I began attending the Family Healing Program Alumni meetings on Thursday evenings weekly. I became a part of an "extended family" based on trust, understanding and a mutual desire in the pursuit of serenity (regardless if our addicted loved one(s) were in recovery or not). The Family Healing Alumni share in a mutual experience where our lives became unglued by the impact of a loved one's addiction and this mutual experience allows for an understanding that I needed for my own healing. The group became one of the greatest supports in my life today. The impact of having this support has allowed me to work towards living in an authentic way of compassion, self-respect and to be reflective of my own choices in a kind way. We share a mutual goal; although most of us maintain our desire to see our addicted loved one(s) live in recovery, we also desire and now strive to live a life with peace, restful sleep and wholeness so that we are also able to walk out in our fullness each day."

- Anonymous Family Healing Alumni

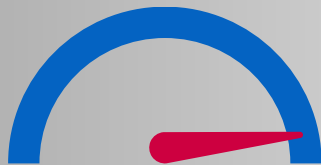


"The Family Healing program offered me a whole new approach to understanding addiction. I needed change in my life to move forward and still have love and compassion for the addict.

Raising three children to understand this has brought hope and light into our lives. It's a wonderful journey to feel grateful and blessed with so much joy. Thank you, Kate, for sharing your experiences and knowledge. It's such a wonderful program to attend, knowing we are all in this together!

The struggles are real, but so are the successes!"

-Emma



94% of our clients felt that their families were supportive of their treatment when they were asked during intake.



73% of our clients answered yes when asked if they had any family members with addiction issues that they were aware of.

# Community



*"Within a community, diverse perspectives connect, creating a vibrant mosaic of values and principles. Embracing these differences, we cultivate understanding, respect, and unity, enriching the collective fabric of our shared humanity."*

We celebrate the community, which includes clients, alumni, staff, volunteers, partners, the government at all levels and the broader Alberta community; we reflect on the strength and resilience of the community. This past year has been a testament to the power of collaboration, compassion, and shared purpose in supporting individuals and families affected by addiction. We have engaged our community by inviting them to come together, bringing them out of silos and re-establishing the connections affected by COVID. We are seeing our community unite to create an environment that fosters healing, growth, and transformation. Throughout 2022, we saw incredible acts of generosity, advocacy, and support as our community rallied to raise awareness, break down stigma, and offer a helping hand to those in need. As we look back on our achievements and the lives we have touched, we are inspired to continue our mission and look forward to our community's continued growth and impact in the years to come.



62% of our outside funding came from our community.



With your contributions we are able to continue to house, treat and support!

# Commitment



We sincerely value all our community partners. Their ongoing commitment to helping support phenomenal events throughout the year has strengthened our bonds and reinforced the importance of unity in overcoming challenges. Together, we're making a difference in lives touched by addiction and working towards a brighter future for all. There are just too many to list here...

In 2022, Calgary Harley-Davidson and Shaganappi GM were presenting sponsors of the 12 Stop Ride for Recovery Motorcycle Road Rally. We thank them for their support and generosity. Their diligence and extra effort helped to create an unforgettable experience for all participants.

We extend profound thanks to the Teamsters Union, including Locals 362, 987, and Rail representatives, for their consistent support and generous contributions. We were grateful to be the recipients of their annual 2022 golf tournament. Their ongoing involvement in our events and community building with the stage truck, BBQ equipment, and personnel all have added vibrancy to our events Year after year.

As we strive to transform lives and restore hope to those recovering from addiction, we are grateful for the commitment of our community partners and supporters. Their solidarity has enabled us to positively impact countless individuals and their families, fostering enduring recovery and community spirit. Everyone at Fresh Start Recovery Centre thanks all of our community partners for their invaluable commitment to our organization.



# Reconciliation



*"Changing the narrative on recovery allows reconciliation to be the compass that redirects our collective journey towards healing, compassion, and transformative reconciliation, illuminating the path of a harmonious and inclusive future."*

With the Blood Tribe Partnership at Fresh Start Recovery, we are deeply aware of the prevalent addiction issues faced by the Blood Tribe, resulting in overdoses, social disorder, and criminal activities. To address this, we engaged in a project to forge a partnership with the Blood Tribe. Our objective is to leverage our proven recovery model. Our partnership will undoubtedly result in a shared collaboration in creating a culturally sensitive model that embraces the critical components of community, culture, and awareness. Together we identified key stakeholders, developed relationships, and drafted a Memorandum of Understanding outlining mutual roles, responsibilities, and desired outcomes. We look forward to learning, sharing, and working with the Blood Tribe. We are honoured to have entered this partnership and be allowed to gain insight, share, exchange wisdom, build capacity and contribute to building a sustainable Recovery Community built on what we know the Blood Tribe holds great knowledge in. That is the essence of Community. This partnership sets a powerful precedent for collaborative efforts in tackling addiction within indigenous populations.

We continue collaborating with the SAGE Clan, and our relationship has been a journey of mutual respect and learning. We've been privileged to participate in various indigenous events, including tipi-raising ceremonies and medicine gatherings, and join them in their local initiatives. Community member Mark Brave Rock founded the SAGE Clan, a grassroots organization inspired by Winnipeg's successful BEAR Clan community patrol. Their involvement extends to various community events, helping people struggling with addiction find the necessary help and families reconnect with their loved ones. SAGE's mission isn't about law enforcement or addiction expertise but about providing community support to those in need. Their patrollers have formed close relationships with community members battling homelessness and addiction. Their consistent, dedicated work continues to make a substantial difference in our community.





# Connection



In 2022, ATCO Epic chose to champion Mental Health and Addiction; while doing so, they selected Fresh Start Recovery as their feature charity in Calgary. This bold step earned our profound gratitude. Their commitment to breaking down the stigma of Mental Health and Addiction was done with great passion, energy, and creativity.

The committee conducted numerous fundraisers and events, including lively ball hockey and golf tournaments and a chilli cook-off, to mention only a few, all aiding Fresh Start Recovery.

Bruce Holstead, our Executive Director, and other staff members attended many events put on by the committee and rain or shine; they saw employees enjoying the events. They also thanked ATCO for their support and for courageously choosing to support addiction as their cause. We applaud ATCO EPIC's commitment to raising \$3.6 million across their organization. We sincerely thank ATCO and their devoted EPIC team for their connection, trust, and dedication.

Fresh Start Recovery's clients enjoyed several enriching experiences last year courtesy of our community supporters. The Lethbridge Therapeutic Riding Association and Alberta Health Services coordinated a memorable Horses for Healing event, where clients interacted with horses and other animals. The Therapeutic Riding Association also hosted Horses in the Window, letting clients spend quality time with horses, Joseph, and Moonshine. These events, organized by AHS Adult Outreach, Day Treatment, and the Lethbridge Therapeutic Riding Association, strengthened community bonds and fostered gratitude.

Our clients and staff were privileged to join the Medicine Gathering, led by Elders Winston and Ann. We thank Heidi from Alberta Health Services for arranging these excursions and for her consistent involvement in Fresh Start. We also sincerely thank the Alberta Therapeutic Recreation Association for fostering healing and connection. These events have enabled our clients to connect with their community and gain a renewed sense of purpose while benefiting from the therapeutic impact. We are indebted to our community supporters for these opportunities.



# Fresh Perspectives



Our community perspectives videos on social media play a pivotal role in addressing the complex challenges and stigma associated with addiction and recovery through engaging the community, organizations, businesses, and support networks by incorporating their perspectives, a cross-section of views, insights and opinions are shared, whether in treatment or those in long-term recovery, individuals, families, and community members are provided with a platform to express themselves in an unedited style. These perspectives offer wisdom, support, and insight in helping to create an environment that promotes healing and personal growth and contributes to breaking down barriers, providing practical solutions, and developing a sense of belonging for those impacted by addiction.

Showcasing community and people's experiences in treatment and long-term recovery in our daily videos serves multiple purposes. Firstly, it raises awareness about the valuable resources and services available to those affected by addiction, making it easier for individuals and families to access the help they need. Secondly, these videos help to challenge and break down the stigmas associated with addiction by presenting real stories of recovery, resilience, and hope. By highlighting the community's collective efforts and showcasing the personal journeys of those who have successfully navigated the path to recovery, these videos demonstrate that addiction is a multifaceted issue that can be addressed more effectively through collaboration and understanding. In doing so, they foster an empathetic and supportive environment where individuals, families, and communities can come together to overcome addiction and embrace a brighter future. To explore these inspiring stories and learn more about the incredible work being done within the community, we encourage you to visit our social media channels, where we share new videos daily.



# Platinum Jubilee Medal



Our Executive Director Bruce Holstead was honoured to receive the Queen Elizabeth II Platinum Jubilee Medal. This award is given to a person noted for making a significant contribution to the betterment of Alberta. An interesting fact about this award is that Bruce's late father was a recipient of the first Queen Elizabeth II Coronation Medal for his service and military contributions.

Bruce received one of the last medals awarded in the late Queen's name.

Bruce will be celebrating his 25th recovery milestone this year; he has been a champion for addiction and mental health in our province and across Canada for many years. He works tirelessly at helping break down barriers and stigmas associated with addiction and recovery and knows that recovery is possible. Under his leadership, our organization continues flourishing, breaking new ground, and helping individuals recover from addiction.

Bruce has stated that he shares this honour with the entire Fresh Start Community. With the vision and work of those that came before him and the continued support of our Community Partners, the Fresh Start Board, Staff, Alumni and Clients.

Congratulations to Bruce and all the other recipients on a well-deserved honour for all you have done and continue to do for our community.

# Jeff Wilbee Award

Bruce Holstead, our Executive Director, was honoured with the prestigious Jeff Wilbee Award at the National Addiction Symposium in 2022, hosted by the Canadian Addiction Counsellors Certification Federation (CACCF). This accolade pays tribute to Jeff Wilbee, a pioneering figure in addiction treatment and recovery who has been a pillar of strength and a guiding voice for addiction professionals in Canada and worldwide for over three decades. The Jeff Wilbee Award recognizes individuals who have made remarkable contributions to addiction treatment based on stringent criteria. Bruce Holstead's unwavering commitment to providing extraordinary service to the addiction profession and our clients, coupled with his exemplary community service efforts, has made him a standout candidate for this distinguished honour.



Furthermore, his success and well-earned respect within the addiction industry have made him a leading figure. The Jeff Wilbee Award is a testament to his transformative impact on countless lives.



# 30 Year Campaign

For our 30-year campaign, we are proud to have been sponsored by esteemed organizations that have been instrumental in advancing our mission. Through their support, we have reached a pivotal milestone in the last year, raising over \$500,000 for our campaign. We want to acknowledge and celebrate the following organizations' remarkable contributions by matching all community donations up to \$200,000.



- Matt Rumpel Family Foundation
- Stampede Toyota
- Lexus of Royal Oak
- Lexus of Calgary
- Cochrane Toyota
- Charlesglen Toyota

These organizations demonstrated their commitment to our cause and inspired the community to participate in our fundraising efforts. This synergy led to unprecedented engagement, propelling us to exceed our fundraising goal.

As we reflect on this extraordinary year, we are grateful to our supporters for their dedication and vital role in our success. Their generosity has undoubtedly created a lasting impact on our organization. Together, we are confident that we can continue to make a difference and create a brighter future for the communities we serve.

STAMPEDE



COCHRANE



CHARLESGLLEN



# FRESH Start



## RECOVERY

EVERY INDIVIDUAL - RECOVERY FOR LIFE

# To Our Donors



*"Generosity is the compass that aligns our intuition, guiding us towards acts of kindness and positively impacting the world."*

As we mark our 30th anniversary, we express our profound gratitude to the community for your incredible support. Your dedication has enabled us to make a significant impact on countless lives.

We are grateful for your participation in our events, volunteering, and financial contributions. Your commitment has fueled our mission for the past three decades, and we look forward to working closely with you as we continue moving forward.

Thank you for standing with us, believing in our cause, and helping us create a lasting impact on the lives of those we serve. Together, we will continue to build a brighter future and create a world free from the devastating effects of addiction.

Once again, we have been chosen as a top 5 Calgary charity and a top 10 Canadian impact charity by Charity Intelligence. "Some charities create much change with their donations. Others have almost nothing to show for the money coming from donors," says Greg Thomson, Director of Research at Charity Intelligence. "Of the 300 Canadian charities we have analyzed for impact, these Top 10 have the highest measurable demonstrated impact. Our calculations estimate this group of Top 10 Impact Charities delivers average returns of almost 7 dollars for every dollar donated, compared with overall average returns of only 1-2 dollars."

Please visit our website to see a complete list of last year's donors and notes to the Financial Statements.

[www.freshstartrecovery.ca](http://www.freshstartrecovery.ca)

CHARITY INTELLIGENCE 2022

**TOP 10  
IMPACT CHARITIES**



CHARITY INTELLIGENCE 2022

**TOP 5 IMPACT  
CALGARY CHARITIES**



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## INDEPENDENT AUDITOR'S REPORT

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To the Directors of Fresh Start Recovery Centre

### *Opinion*

We have audited the financial statements of Fresh Start Recovery Centre (the organization), which comprise the statement of financial position as at December 31, 2022, and the statements of revenues and expenditures, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the organization as at December 31, 2022, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO)

### *Basis for Opinion*

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the organization in accordance with ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### *Responsibilities of Management and Those Charged with Governance for the Financial Statements*

Management is responsible for the preparation and fair presentation of the financial statements in accordance with ASNPO, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the organization's financial reporting process.

### *Auditor's Responsibilities for the Audit of the Financial Statements*

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

*(continues)*

Independent Auditor's Report to the To the Directors of Fresh Start Recovery Centre (continued)

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Calgary, Alberta  
April 26, 2023

C&E LLP Chartered Professional Accountants



1992~2022 ♦ 30 Years-One Life at a Time

**FRESH START RECOVERY CENTRE**  
**Statement of Financial Position**  
**December 31, 2022**

	2022	2021
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 2,658,831	\$ 2,280,839
Restricted cash	617,582	685,935
Accounts receivable	666,918	290,166
Goods and services tax recoverable	21,266	18,624
Prepaid expenses	-	1,150
	<b>3,964,597</b>	<b>3,276,714</b>
<b>PROPERTY AND EQUIPMENT (Note 4)</b>	<b>10,472,029</b>	<b>10,576,876</b>
	<b>\$ 14,436,626</b>	<b>\$ 13,853,590</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable	\$ 161,385	\$ 169,838
Security deposits	41,185	33,325
Current portion of long term debt	-	233,990
Deferred revenue (Note 5)	576,006	151,905
	<b>778,576</b>	<b>589,058</b>
<b>NET ASSETS</b>		
Operating fund	2,827,022	2,265,682
Property and equipment fund	10,831,028	10,998,850
	<b>13,658,050</b>	<b>13,264,532</b>
	<b>\$ 14,436,626</b>	<b>\$ 13,853,590</b>

\*See notes to Financial Statement  
@ www.freshstartrecovery.ca

**ON BEHALF OF THE BOARD**

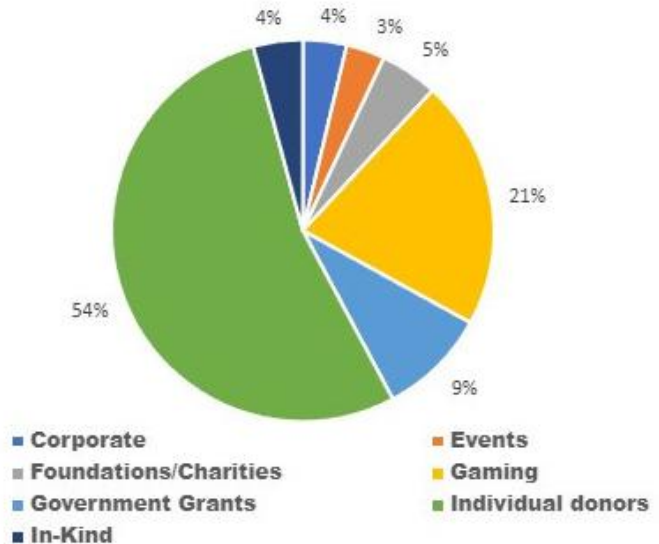


**BOARD CHAIR, CRAIG BORGLAND**



**TREASURER, DALE BURSTALL**

**Fresh Start Funding Sources- 2022**





**FRESH START RECOVERY CENTRE**  
**Statement of Revenues and Expenditures**  
**Year Ended December 31, 2022**

	2022	2021
<b>OPERATING FUND REVENUES</b>		
Alberta Health Services - Addiction and Mental Health funding (Note 5)	\$ 2,464,853	\$ 2,385,268
Accommodation	1,819,283	1,485,075
Fundraising and donations	1,379,881	1,189,180
Interest	56,265	9,459
Government grants	-	2,700
Provincial funding	-	491,932
	<u>5,720,282</u>	<u>5,563,614</u>
<b>OPERATING FUND EXPENDITURES</b>		
Salaries and wages	3,770,728	3,813,735
Program supplies	473,553	421,166
Utilities, phone and internet	247,322	218,938
Repairs and maintenance	201,378	337,641
Office, administrative, and other	152,111	257,959
Fundraising expenses	118,586	249,391
Travel and vehicle	95,236	108,971
Insurance	78,394	71,836
Professional fees	16,140	48,299
Interest and bank charges	5,494	10,814
Consultant fees	-	28,766
	<u>5,158,942</u>	<u>5,567,516</u>
<b>OPERATING FUND (DEFICIENCY) EXCESS</b>	<u>561,340</u>	<u>(3,902)</u>
<b>PROPERTY AND EQUIPMENT FUND REVENUES</b>		
Gain on disposal of property and equipment	-	25,309
<b>PROPERTY AND EQUIPMENT FUND EXPENDITURES</b>		
Amortization of property and equipment	<u>167,822</u>	<u>164,508</u>
<b>TOTAL (DEFICIENCY) EXCESS OF REVENUES OVER EXPENDITURES</b>	<u>\$ 393,518</u>	<u>\$ (143,101)</u>

See notes to financial statements

4

# An Intricate Mosaic



*"In the intricate mosaic of human relationships, connection serves as our compass, guiding us through uncharted waters. Trust and dedication are the anchors that hold us steady, while intuitive clarity becomes the lighthouse that illuminates our path, ensuring we navigate with authenticity and purpose."*

Connection, trust, dedication, and a compass of intuitive clarity are the fundamental elements that shape and fortify life's human relationships and journey. Intricate pieces placed create a mosaic of profound significance and meaning.

Connection is the vital force that binds us together. It is the invisible thread that links souls, hearts, and minds. It transcends distance, time, and circumstance, allowing us to forge bonds with others, fostering a sense of belonging and shared understanding. Through connection, we discover our inherent interdependence and find solace in realizing we are not alone on this elaborate path of existence.

Trust is the bedrock upon which all relationships are built. It is the unwavering belief in the reliability, integrity, and intentions of others. Trust is earned through consistent actions and open communication, nurtured over time. It requires vulnerability and the willingness to let go of doubts and fears. When trust blossoms, it creates a safe haven where hearts can open, and genuine connections can flourish.

Dedication is the fuel that propels us forward, empowering us to persist through challenges and setbacks. It is the unwavering commitment to our relationships, goals, and values. Dedication requires perseverance, resilience, and a deep sense of purpose. It enables us to weather storms, overcome obstacles, and remain steadfast in our pursuit of growth, individually and collectively.

# Of Human Relations



The compass, literally and metaphorically, is the guiding instrument that keeps us on course. It represents our values, principles that help us navigate the complexities of life. It provides intuitive clarity, the gift of inner wisdom that allows us to see beyond the surface and tap into more profound truths. It is the ability to listen to our instincts, to trust our feelings, and to navigate with a sense of inner knowing. Intuitive clarity in times of confusion enables us to make decisions aligned with our highest good. It helps us discern the essence of our connections, illuminating the paths that resonate with our purpose.

You are the pieces which make up this mosaic. When placed together with intention and mindfulness, you represent relationships of profound depth, resilience, and authenticity, which guide us through uncharted territories, enabling us to navigate the vast ocean of existence with grace and purpose.

We acknowledge every one of you who makes up this incredible mosaic. You have supported us throughout this journey. We extend our deepest gratitude to the individuals, supporters, and donors whose unwavering generosity has been a cornerstone of our work.

Each of you constitutes the beautiful mosaic of Fresh Start Recovery, and we are forever grateful for your part in our shared mission.



# Walking, Talking, Shaking Hands

One Day ~ One Week ~ One Year at a Time

  
30  
FRESH START  
RECOVERY  
1992~2022 ~ 30 Years-One Life at a Time

So you can  
always find  
your way home  
Remember you  
are no longer  
alone

One Day, One Week and One Year at a Time, with your support, we have reached a significant milestone; Fresh Start Recovery celebrated our 30th anniversary. As we move into 2023, I wanted to take a moment and say thank you on behalf of our board, our staff and most importantly, the people we serve. Thank you to the community, and thank you to all for helping make our 30th-anniversary campaigns such an incredible success. Our success completely relies on our community and your support, and it is only through your support that we have been successful over these last 30 years. As we head towards the future, sights set on the horizon, we will continue to navigate the future together.

It's essential to understand that your support is recognized and needed. The relationships we have developed over these last 30 years need to continue to take us far into the future. Addiction is not letting up, nor are we, and we will continue this fight; we will continue this journey and will walk this path together throughout 2023 and well into the future.



Bruce Holstead Executive Director  
Fresh Start Recovery