



# RASS

Richmond  
Addiction  
Services  
Society

## ***ANNUAL REPORT 2018/2019***

***"People are forced into the illicit stream of opioids because they can't get legal access to meet their opioid needs. So they will access whatever is available and least expensive."***

**- Scott MacDonald. Providence Crosstown Clinic.**

## President's Report

I would like to acknowledge the ancestral and traditional lands of the Musqueam First Nation as well as those first nations speaking *hən̓q̓əmin̓əm̓* when conducting the activities of our organization on their territories.

Welcome also to city, provincial, federal officials; welcome to RASS members; staff; present and future board members.

Below you will find some highlights of the RASS Board activities for the 2018-19 year:

**Foundry** - We continue to seek a suitable location for Foundry Richmond and to engage with other community groups to begin programs. Much work is going on behind the scenes to ensure all the right relationships and partnerships are in place when a site has been found. I would like to express our gratitude to Tania Wicken and Karen Barclay from Vancouver Coastal Health, the Foundry Central Team and RASS leadership for their perseverance and dedication.

**Youth Now** - Two members of our present Board, Charmian and Anand, are former participants in the Youth Now program. Anand and Cyrene have agreed to be the RASS representatives to liaise with a new Youth Now participant for the coming year

**Focus on prevention and building community** - RASS outcomes continued to be focused on these areas, including staff training to ensure cultural competency, parenting supports and clinical skill development.

**Seniors Health Issues** - The Aging Well Program continues to support seniors with a variety of health needs. In addition, a significant program supporting isolated seniors was completed with positive outcomes.

Part of my responsibility as Board President is to communicate how our agency is doing overall. These are the key strategies that guide our work followed by the quality indicators that measure our performance.

- 1) **To ensure the safety of staff and clients**
- 2) **To engage and respond to community needs**
- 3) **To continuously develop quality expertise in providing addiction-related services**
- 4) **To maintain ongoing sustainability regarding finances and human capital for the agency**

I would like to gratefully acknowledge these funding organizations: Vancouver Coastal Health Authority, the City of Richmond, and Foundry Central Office for our core annualized funding and to the VCH-Smart Fund, Community Action Initiative (CAI), the Betty Averbach Foundation, the United Way of the Lower Mainland, and the BC Government for the Gaming grant this year.

And finally, much gratitude to RASS Volunteers, service partners, Foundry staff and RASS staff. At RASS, we will continue to focus on programs that promote healthy and whole individuals, families and communities because we know that when people feel empowered, connected and valued, substance use drops and mental wellness increases.

Sincerely,  
Dianne Milsom  
Richmond Addiction Services Society Board President



## Executive Director's Report

### Celebrating our Client's Voice

There has been an important shift in the social service sector over the past 5-10 years. Social Service leaders must no longer think we know what our client's want and need. We must create opportunities for regular engagement and feedback to truly include our clients' voices and experiences in all areas of our programs and services. Working with FOUNDRY Central office in the development of the FOUNDRY Richmond, working with Vancouver Coastal Health, Supporting Families Affected by Parental Mental Illness and Addictions and Accreditation Canada, RASS has learned the power of including a client's perspective and voice in the design, development and implementation of programs. RASS is beginning to work on making these goals manifest in our day to day operations which was so evident last Friday at the Community Action Team Success Symposium.

Importantly, today at our AGM, we are privileged to have clients share their stories of recovery and these stories inform our work. As we work with our FOUNDRY Richmond partners, we are developing a youth advisory as well as a parent advisory group who will inform our Leadership Advisory Committee. We have two youth on our Leadership Advisory Committee as well as a parent representative working alongside our leadership group.

We are in the process of building policies to support having our clients help in the hiring of staff, development of programs and ensuring that our programs are evaluated in ways to guarantee we are meeting our own goals and also meeting the needs of our community.

As our FamilySmart partners say, we hope to get to a place that will empower our clients to walk alongside staff and leadership offering us the personal insights of their experience so we do no harm and in fact offer the type of programs and services that are needed and wanted in Richmond.

We believe this is the right direction for RASS to go and we are ready to accept this challenge.

Thank you

Richard Dubras, Executive Director



## Treasurer's Report

This is to advise that the Richmond Addiction Services' Society (the "Society") is in a sound financial position as noted on the March 31, 2019 audited financial statements attached hereto.

For the year ended March 31, 2019, the Society had total revenue of \$1,391,519 and operating expenses of \$1,401,779 resulting in a small operating deficit of \$10,260 (compared to surplus of \$7,417 in 2018). With the addition of deferred capital contributions and amortization of capital assets, the net deficit was \$14,487 (compared to a net surplus of \$4,173 in 2018).

As at March 31, 2019, the Society had total assets of \$1,024,845. As a non-profit organization the Society has been financially conservative and the assets are primarily located in cash and term deposits totaling \$625,070. Current liabilities total \$977,518, and are mostly deferred revenues of \$809,122 received from government agencies and other granting agencies. Assets include an internally restricted fund of \$60,000 that reflects potential liabilities which the Society has to meet in case of emergency.

The Board of Directors has approved a balanced budget for the 2019-20 fiscal year. Budget revenue of \$1,608,538 is a 15% decrease from the 2018-19 fiscal year revenues, mainly due to the timing of grants to support the development of Foundry Richmond. With budgeted expenses of \$1,608,220 it is anticipated that there will be a tiny surplus of \$318 for the current fiscal year. Details of the 2019-20 budget are attached.

As a small organization like the Society, the Board of Directors believe that the use of budgets, quarterly reviews of financial reports against the budget, and regular board meetings are the most effective and adequate internal control for the Society and also are tools to ensure enough funds are available for the smooth provision of services to our community.

Respectfully submitted

Christine Kline

Treasurer, Richmond Addiction Services Society

September 01, 2019



## Highlights in 2018-2019

**The CATS program** offered 28 – 3 Day sessions this past fiscal year with 69 students completing the program. There were 137 individual counselling sessions of which 82% were outreach sessions. The CATS programs continues to receive overwhelming support from the school district. 100% of the administrators and counselors found CATS program met their need and endorsed the program for another year. 98% of the students found CATS program useful while 94% found the individual counseling sessions useful. 100% of the students found CATS program help them develop more healthy coping skills. Last but not the least, 85% of the students found CATS program impact their use of drug or alcohol.

**The Recovery Day program** has supported 18 individuals with an average age of 17.7 with over 190 hours of support including mentoring and life skills coaching; education and career exploration & supports; recreation activities and exercise; and referral & aftercare support. The program will bring individual and family counselling, group therapy, life-skill development, 12 step groups, sponsors, employment support, academic support, recreational and creative opportunities like digital and media arts together to promote a substance-free lifestyle.

**The Youth and Family program** provided 835 individual counseling sessions and 84 family sessions. The program saw 130 clients last year. 20% of these counselling sessions were outreach sessions.

**The Community Prevention programs** offered 2 free 5-week education series on different addictions-related topics; 2 education series for nursing students; and 2 brain health series for the older adults. 305 individuals attended these sessions last year. Over 7,500 community contacts were made this year involving prevention activities, which is 148% more than the previous fiscal year.

We can hardly believe it but the past two year of **Schools Out** has flown by. Led by both Gaby and Gabby the program exceeded expectations. We served children at Blundell and helped them build on their emotional literacy and resilience through play. We look forward to building on our previous successes in this upcoming year.

The last fiscal year alone, **the Aging Well program team** delivered over 1,300 hours of individual & family counselling, group support work, and integrated case management services!

## Contributors and Funders

### Funders

Vancouver Coastal Health  
The City of Richmond  
FOUNDRY Central Office  
United Way of the Lower Mainland  
Ministry of Health  
Ministry of Finance—BC Community Gaming Grant  
Richmond Sunrise Rotary Foundation  
School District #38  
Vancouver Coastal Health—SMART Fund  
Community Action Initiative – Overdose Prevention and Education Network  
Betty Averbach Foundation

### Donors and Supporters

Community Outreach Pharmacy Program  
Costco  
RC Palmer Secondary  
TCSI Computing  
Numerous Donors

**Thank you.**

## **PARTNERSHIPS/COLLABORATIONS**

### **Supporting Families Affected by Mental Illness and Addictions**

RASS has continued to be a strong supporter and core operating partner for the Supporting Families Affected by Parental Mental Illness and Addictions program. In the last year, RASS has been significantly pivotal in the continuous operation of the Supporting Families program by being involved in co-facilitating the Resilient Kids, Resilient Younger Youth, and Resilient Older Youth groups as well as helping out with Family Fun Nights and Community Education Events. This partnership with RASS has seen over 80 families served in the past few years with an addition of 15, and growing, new families and clients joining the program in the past 8 months. The Supporting Families Affected by Parental Mental Illness and Addictions program strongly values its incredible partnership with RASS in its collaborative work to provide exceptional services and supports for the many vulnerable families living in Richmond.

### **Richmond Youth Media Program**

This collaboration between the Richmond Collaborative Committee for Children and Youth, and the City of Richmond and the Richmond Youth Media Program (RYMP) continues to inspire and connect with youth in Richmond. The media program is a huge hit in the community. The youth that attend the program have been integral in the support, development, and integration of the Foundry Richmond social media platform. The youth have also expressed interest in being part of the ongoing Foundry Youth Council in November.

### **City Of Richmond—Band Of Brothers**

RASS Prevention staff again co-facilitated the Band of Brothers summer trip with the City of Richmond REACH program. Band of Brothers is an outdoor adventure camping excursion at Juan de Fuca Provincial Park that includes self-discovery and leadership while experiencing fun outdoor coastal activities. The program is geared towards male youth aged 14-18 and is designed to intentionally build self-esteem, self-confidence, personal power, sense of purpose, caring, positive peer relationships, resilience and empathy skills within the youth who participate. We had a fantastic time this year spending time on China Beach and Botanical Beach.

### **Community Action Team (CAT) - Success Symposium**

RASS worked with the CAT this year and championed the voices of youth being affected by substance use in Richmond. The symposium was the capstone of years of hard work by community members and peers to further destigmatize use in Richmond as well as reduce the rates of death by overdose down to zero.

### **Foundry—Foundry Richmond**

To continue putting our community first and hearing their voice, we have begun the process of creating the Foundry Youth Council in Richmond. Youth will share their experiences while navigating the system and offer their ideas on reducing barriers to access in our community. The Foundry youth have been active on social media and use that platform to speak on topics relevant to youth in our community. We aim to create a youth wellness centre that will promote client centred care above all else.

**Board of Directors**

**Anand Dhatt**  
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