



Community Recognition:

- 2003 Donner Canadian Foundation Award Finalist.
- Various Community Recognitions from the municipalities of Port Moody, Port Coquitlam, and Coquitlam.
- 4 Hometown Video Awards.
- Rotary Club Recognition for community involvement
- CARF Accreditation.
- Licensed by the Community Care Facilities Act.
- Individual staff awards such as the Queen's Golden Jubilee Medal and Tri Cities Citizen of the Year.

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RECOGNIZED FOR EXCELLENCE!

InnerVisions proudly announces their Finalist Status in the 2003 Donner Canadian Foundation Awards for Excellence in the Prevention and Treatment of Substance Abuse.

The Fraser Institute recognizes Canadian non-profit organizations every year for exemplifying excellence in the delivery of community-based programs. \$65,000 split between nine categories is awarded following a detailed performance evaluation. Finalists are also provided with performance information designed to enhance their service delivery. This, as

well as the broad national scope of the awards makes them Canada's largest and most prestigious non-profit recognition program.

InnerVisions is also rewarded with well-deserved encouragement in their spirit of initiative, self-reliance and independence. This unique acknowledgement represents strong involvement and recognition nationally in their commitment to client's success in substance abuse treatment.



Recognized Nationally!

ONE MAN'S JOURNEY

I was born in Newmarket, Ontario into an upper-middle class family. We moved to Coquitlam when I was five, and soon after my problems began.

I didn't play well with the other kids at school, resulting in dangerously low self-esteem and a belief that I wasn't worthy of friends. By 16, I learned that alcohol made me popular, and I subsequently drank with "friends" until I passed out every weekend, and surreptitiously huffed paint thinner in solitude.

I was introduced to cocaine and heroin in the first month of grade 12, ironically only steps away from InnerVisions. I loved drugs from day one. After graduating, I knew I had a problem, and enrolled in the University of Victoria, thinking that escaping Coquitlam would fix me. However, my problems inevitably followed me, and alcohol became my drug of choice, entailing masochism, drunk tanks, and alcoholic blackouts. Alcohol soon bored me, and I began

making frequent trips to Vancouver to maintain my now daily heroin habit.

Astutely realizing that school was interfering with my drugs, I dropped out and moved back to Coquitlam. My futile life consisted of crime, drugs, and self-loathing. After reaching an emotional bottom while crying like a baby in a public bathroom stall, InnerVisions took me in. That was August 30, 2001, and I haven't used since.

I am now attending university locally, made amends to my family, forged valuable friendships, and hold my head high. InnerVisions taught me to take responsibility for myself- they saw right through my cocky façade from the start. Thank you, InnerVisions, for kicking my butt onto the sober road of life. Rock on! The journey continues.



Pary M.
The Journey
Continues!

BRAINSTORMING SESSION

InnerVisions recently held their annual strategic planning session. The three day event serves to foster beneficial development of the Society's policies and procedures in the interest of serving it's clients more effectively. To accomplish this, the committee defined 5 goals:

- 1) To decrease our target occupancy rate to 96%, due to our experience of the inability of many clients to participate due organic neurological brain disorders.
- 2) Increase our completion rate to 60%
- 3) Re-tool intake protocols, especially in terms of new levels of use and composition of drugs (crack, Methamphetamines)
- 4) Orient ourselves, and devise strategies to deal with new levels of use and composition of drugs (again, crack and Methamphetamines)
- 5) Develop Human Resources Strategies: improve personnel recruiting & retention.

As an organization, InnerVisions is constantly striving towards excellence in the services it offers. Strategic Planning is yet another way the society and it's staff are committed to clients success.

ANNUAL GOLF TOURNAMENT

InnerVisions staff, volunteers and supporters are again suiting up to host their Annual Golf Tournament. The tournament, now in it's 10th year, is an integral fundraising event for the ever-growing society. The event features an ongoing Putting Contest, Texas Scramble, Shotgun Start, and Metro Ford's donation of a new vehicle for a hole in one prize. This, as well as Rogers Video as its major sponsor again this year, will make the event as fun and exciting as previous years.

Pitt Meadows Golf & Country Club will host the tournament on June 17th, at 12:30pm. You can help by providing prizes, sponsoring a tee or a hole, or ultimately, by golfing or sponsoring an alumni to golf.

Registration, sponsorship and other support have become easier than ever before with the Internet. This year, complete tournament information as well as registration & sponsorship information is located on the InnerVisions website at www.innervisionsrecovery.com. The form can be filled out online and submitted directly by email or printed out and faxed in. For more information, email to ivgolftourney@telus.net or contact 604-466-4215.



10th Annual Golf Fundraiser
June 17th, 2004

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InnerVisions: Committed to our client's success!

CHRISTMAS AT INNERVISIONS

The atmosphere was warm and comforting. Christmas tree lights twinkled in the beautifully decorated room. The aroma of cinnamon flavored coffee drifted through the house. The family of women hugged each other tightly and wished each other merry Christmas, and much love and happiness in the New Year! These were truly heartfelt sentiments because on so many other occasions, addiction had been our scrooge. It had consumed us mind, body and soul. In our paths we had left a trail of broken promises, broken hearts and broken spirits. But no more, we were now safe and secure living in our faith.

To everybody's surprise, stockings and presents appeared. Feelings of gratitude and bewilderment filled us. Are we worthy of such a gift? The gift of love, sup-

port and faith. To know that people cared for us, fifteen women they have never met. These people didn't even know our names yet they had faith in us.

Our day was filled with the true meaning of Christmas. We shared our stories, each learning from one another about our hopes and our dreams for our futures. We ate so much food we were ready to burst. We played the piano, yet none of us had lessons. We laughed out loud and cried on each other's shoulders. We were happy, joyous and grateful.

Thank you to all who care and have faith, our appreciation is immense. Through the grace of a power greater than our selves, this was Christmas at Hannah House.



"Our day was filled with the true meaning of Christmas."

Find out how you can directly help recovering addicts. Visit our web-site and click on [Help Support InnerVisions](http://www.innervisionsrecovery.com)
www.innervisionsrecovery.com

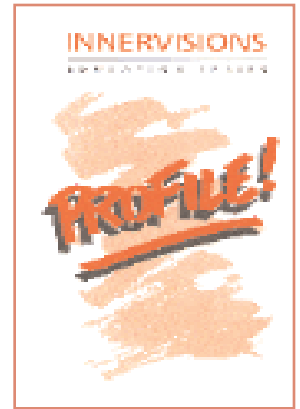
VIDEO FOCUS: PROFILE

InnerVisions is proud of its award winning educational video series. The set includes the videos Addiction, Anger, Profile, Solutions, Youth, Family and Women. Also available are step by step companion workbooks designed to assist in the teaching process. Each issue, we will focus on a specific video.

Profile is a realistic representation of the progression of addiction from experimentation to complete dependency. An astounding turn-around is revealed

of a drug and alcohol addict who now offers help to others in a similar situation. Motivating and educating others on substance abuse is what Billy does best! Experience the anger and remorse that Billy went through and marvel at the energy and success he enjoys today! An enthralling video to capture your attention to the society that we live in.

For further information, or to order today, please call 604-889-4369



The Profile video from InnerVisions

CAN YOU HELP OUR FAMILIES?

Addiction is a widely spread and deeply entrenched problem in our society. Community services that are in place to ease the pain of this problem are continuously over taxed and in some communities, almost non-existent. In over twelve years of operation, the greatest request from the hundreds of clients who pass through the doors of InnerVisions is: "Can you help our families?"

Billy Weselowski, the founder and Executive Director of InnerVisions said, "I have often pondered the fact that almost everyone that I have discussed this issue with agrees that services are needed; yet they are either (1) not in place, (2) not readily accessible or (3) not affordable."

When asked, many families have very little understanding of the disease of addiction beyond the horrific financial, mental and emotional toll it has taken on them personally.

It is not disputed that addiction is a family disease. When asked, many families have very little understanding of the disease of addiction beyond the horrific financial, mental and emotional toll it has taken on them personally. Most families were aware of Al-Anon and a few government sponsored services that, due to overwhelming need, usually involve quite the wait for assistance. Private counselling was another well-known option to families; however, the financial strain associated with addiction leaves little room to afford for this type of support.

The ever-increasing prominence of the need for family involvement in addiction treatment has motivated InnerVisions to pilot the InnerVisions Family Program. The

program has been developed through insights gained in an intensive look into the family unit and the barriers to "family wellness." On October 23, 2003, the inaugural run of this program was launched. The goal is to provide addiction knowledge, awareness, support and healthy tools to the family of the addict in treatment. The added benefit of strengthening the family relationship in the wake of addiction as well as the development of new understanding between the addict and the family is greatly rewarding to both.

When Dianne entered Hannah House, her addiction had sent her life into oblivion. She and her spouse were separated and their relationship was practically non-existent aside from pain and anger. Making matters more complicated, she was 3 months pregnant. Blair, her spouse, entered the family program hoping to rebuild what had been seemingly lost. "It helped huge. The anger awareness, conflict resolution and renewed understanding of what it's like to be in addiction has given me what my family is today." says Blair. "It showed me the commitment he had to our relationship and my recovery and it made me realize how much he cared about me" Dianne remembers. Today, Dianne has over six months clean. Her, Blair and Hayden, their 3 week old son, live in an apartment close to the treatment centre and the quality of their family relationship is beyond what it has ever been. As a united cohesive family, they enjoy recovery together and revel in the gifts they continue to receive.

For more information regarding the Family Program at InnerVisions, call 1-866-466-4215 or 1-877-939-1420.

InnerVisions Recovery Society provides guidance, support and care for people affected by addiction with recovery programs based on an intensive integrated holistic approach which is contingent on their ability to participate.



The InnerVisions Family Program strives to rebuild relationships

InnerVisions Recovery Society of BC

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*Often the longest journey
one takes is from the head
to the heart.*

Visit us online!

Download a copy of our 2002 Annual Report

www.innervisionsrecovery.com



The InnerVoice is a free quarterly newsletter published by InnerVisions Recovery Society of BC. To subscribe to this publication, email us at innervisions@telus.net or call 604-468-2032

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WHAT IS INNERVISIONS

InnerVisions is a highly successful recovery program. Emphasis is placed on the twelve steps as a program of recovery. Initially all residents attend a minimum of four twelve step meetings per week, N.A. and A.A.

All residents participate in group, every weekday morning from 9:00 - 11:30 am, and attend a presentation every afternoon from 1:00 - 2:00 pm.

Each resident has access to a full time staff member seven days a week. Clients can leave the property only with a senior resident until such a time as a fifth step is completed (approximately 30 - 35

days).

The program is operated by a committed group of individuals who themselves have had similar experiences on their path to recovery and share their experience and training to facilitate others suffering from the disease of addiction. Combined with this personal experience, all staff have had academic training in post-secondary institutions.

The InnerVisions program is about more than overcoming addiction. We are about a second chance at life.

We can help you see that there is hope!

VOLUNTEER WITH INNERVISIONS

If you would like to volunteer (or know someone who would), we ask that you attend one of our volunteer sessions. To

find out when our next session is, call 604-468-2032 and speak to Jerry for further information.

STAFF SPOTLIGHT: FRANK VEEKEN

Growing up in Prince George I really didn't have much to complain about. There was alcohol involved in the family, some more than with others, but overall a pretty decent upbringing. My father was a big believer in 'fate' - always saying that God has a plan for you, don't ruin it! I never fully understood at the time what he meant, so I conveniently discarded that wisdom.

"The usual pattern became - drink, start feeling physical pain, add Pot, Morphine, and Valium, drink more and go to hospital."

I had my first drink at the age of six, going around after a party my parents had. Total black out, alcohol poisoning (maybe it was the cigarette butts in the bottles) and confusion of my escapade followed. I never touched alcohol again until I was 12 or 13, raiding my Parents liquor cabinet - more or less experimenting with my buddies and doing this for a few years, along with smoking Pot. All through High School I played Basketball, Volleyball, Soccer and Track and worked for my Dad, leaving little time for drinking. But when I did drink, look out! The pattern was set for when I

went to University and later in my career - binge drinking was 'manageable'. As time progressed my binges of course became more intense, drinking just to be normal became a necessity.

Eventually, my hard drinking led to medical problems (which introduced me to Morphine, Demerol and Valium) that interfered with my drinking, so drugs became a more natural fit if I wanted to keep avoiding life in a state of oblivion. The usual pattern became - drink, start feeling physical pain, add Pot, Morphine, and Valium, drink more and go to hospital. Family, work, relationships with women and friends obviously were retarded or ceased to exist. Spiritually, emotionally, mentally and physically I knew I was done.

I came to InnerVisions knowing full well that this was it - I was beat. With this in mind I saw that I wasn't going to be doing this my way - staff made this very clear. The fact that I am at where I am at is a miracle in itself, the

fact that I am able to do as is suggested to me is another miracle but most of all the fact that 'fate', as my father saw it, is now starting to make some sense in my life.



Frank Veeken, Support Care Worker
InnerVisions Recovery Centre