

Meetings: Tuesday 12 Noon

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AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

Happy Birthday

Happy Anniversary

UPCOMING SPEAKERS:

Aug 9: Dave McPherson Salvation Army	Aug 16: Jesse Sokol and Dena Jones Non- Judgmental Recovery	Aug 23:
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LAST WEEK'S MEETING

Lynda Lawrence presided.

Guests: (apart from speaker)

Andy Jacques - President of the Rotary club of Santo Domingo – Herrera, in the Dominican Republic, visited our meeting again for the second time.

Cheque presentation:



Community service committee chairman **Mike Davies** presented a cheque in the amount of \$500 to **Debbie Picco** on behalf of the **Maple Ridge Street Outreach Society**. (Debbie and Tracy Scott spoke to us about the MRSOS on July 19, 2022 - See our July 26, 2022 edition of this club bulletin for a summary of their presentation to our club at that time.)

Program:

Alouette Addictions Services
Doug Sabourin, Executive Director

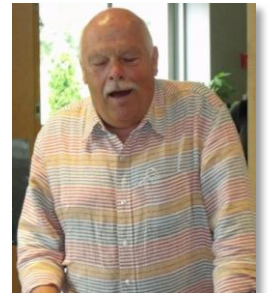


Alouette Addiction Services is located at 22838 Lougheed Hwy. #106, Maple Ridge, BC V2X 2V6. It has operated in Maple Ridge since 1991. In addition to the Executive Director, it has 20 staff members at an annual budget of approximately \$2 million. Doug Sabourin has held the position of Executive Director of Alouette Addictions since September 2019. He has been in the human services field for 50 years.

Alouette Addiction Services treats people with drug addictions in our two communities, providing resources, guidance and support to all individuals in need. Counselling is available for any person or family member affected by alcohol and/or drug misuse. Alcohol is

still the number one drug, but drugs are changing so rapidly that we don't know the consequences of all the new drugs that are on the street.

Among its many programs and services, Doug mentioned four particularly:



1. It has a methadone clinic, and has treated 175 patients so far this year. It has an opioid replacement therapy clinic, with two doctors accepting patients for methadone and/or suboxone. Doug says that they do not deny methadone treatment to anyone who wishes to have it.
2. It is providing additional counselling for any person or family member affected by alcohol and/or drug misuse.
3. It has school-based prevention workers, who offer specialized counselling support for elementary school children affected by their parents or other family members drug use. The program is designed to help you understand the effects of drug use and to make healthy decisions based on knowledge. Doug says that if we can get children educated, that will be a big help.
4. It has a homeless outreach service to help individuals experiencing homelessness or are at a risk of homelessness to navigate complex systems, health support and addiction services, harm reduction, replacing lost ID, income assistance, and helping with identifying locating and securing safe housing options. During the recent heat wave, outreach workers have sought out homeless individuals providing them with water and food.

Doug noted that it often takes approximately 10 connections with an individual before they're willing to go for treatment, and a number of individuals do not want to go into shelters for various reasons including fear of losing what few possessions they have, and having to leave pets behind.

There are many reasons for the current drug and alcohol situation in Maple Ridge. There are jails and incarceration centres in Maple Ridge, and when inmates are released from those institutions they often stay where they are let out – namely in Maple Ridge. Also, mental health is highly underfunded by the government and has been for many years.

At its most basic level, Alouette Addiction Services is just trying to keep people alive. It looks out for their safety, tries to improve their health, and offers them a road to recovery.

Guest Debbie Picco (who lost her son to deadly drugs) made the point that people often make the mistake of referring to persons dying of an “overdose”, but the deaths are not usually caused by an overdose of the drug but rather because of the deadly nature of the drugs themselves containing fentanyl and other lethal substances that the user is not aware of.

Some drug addiction quotes:

“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.”

“Recovery is an acceptance that your life is in shambles, and you have to change it.”

“Never underestimate a recovering addict. We fight for our lives every day in ways most people will never understand.”

“I am not defined by my relapses, but in my decision to remain in recovery despite them.”

Submitted by Laurie Anderson