

ANNUAL REPORT 2018

CELEBRATING 51 YEARS OF SERVICE EXCELLENCE



WAYSIDE HOUSE OF HAMILTON

A COMMITMENT TO RECOVERY. A COMMITMENT TO QUALITY.

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BOARD MEMBERS

John Hartnett
Derek Bartens
Rene Juneja
Anthony Volpe
Malkan Pinto
Joey Temprile
Melissa Ironside
Khang Nguyen
Ryan McHugh

President
Vice President
Treasurer
Director
Director
Director
Director
Director
Director

CONTACT INFORMATION

Wayside House of Hamilton

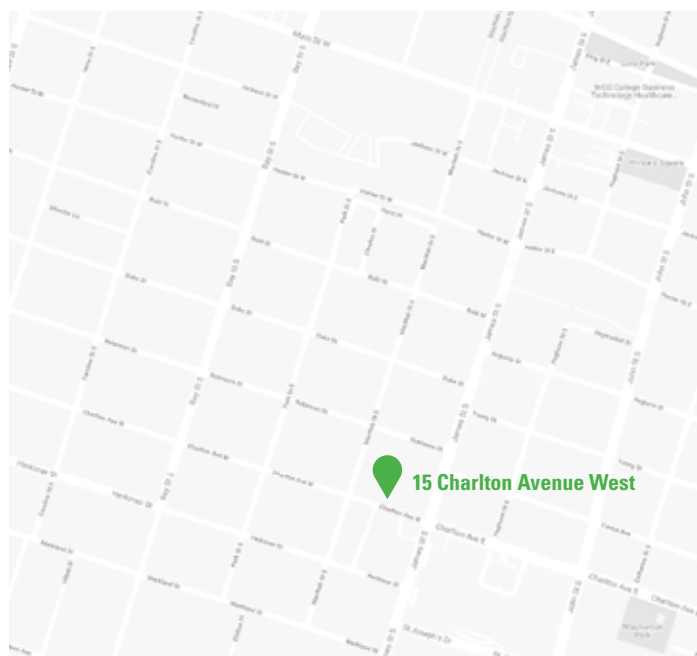
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DEDICATION AND FOREWORD

This Annual Report is dedicated to those whom we serve.

To men who turn to us for stability, education, direction and support. To men who deserve access, understanding and respect. To men who should always have the choice to live their recovery on their terms.

This report is also dedicated to the men we lost this year. We acknowledge the following brave individuals who are no longer with us: John, Daniel, David, and Dennis.

It is these men who truly represent the purpose of our service. They have humbled all of us and we will hold their memory and desire for recovery as the cornerstone for all that we do.

CLINICAL STAFF

Regan Anderson	Chief Executive Officer
Bobby Silva	Clinical Supervisor
Colleen Abi Rashed	Administrator
Robert Primrose	House Manager
Ryan Kitchen	Addictions Counsellor
Ron Johnston	Addictions Counsellor & Intake Lead
Craig White	Addictions Counsellor
Ken Barwick	Addictions Counsellor
Amit Parmar	Addictions Counsellor
Brent Jones	Addictions Counsellor
Julie Todd	Addictions Counsellor
Jeff Brabant	Addictions Counsellor
Rochelle White	Addictions Counsellor
Carleen Fullerton	Addictions Counsellor
Michael Van Arragon	Addictions Counsellor
Andrew Span	Quality Improvement & Special Projects
Suzanne Edwards	Hepatitis C Coordinator
Jane McQueen	Hepatitis C Registered Nurse
Jason Paulley	Hepatitis C Team
Ray Bryan	Hepatitis C Outreach



ORGANIZATIONAL OVERVIEW

Wayside House of Hamilton is a not-for-profit community-based charitable organization, dedicated to empowering the alcohol /drug dependent male to accept and sustain a purposeful life of sobriety.

Through education, counselling, advocacy, support and caring we strive to improve the quality of life for the substance dependent male through the provision of addiction knowledge, social and life skills in a substance free environment. All services of Wayside House of Hamilton are open to everyone regardless of

race, colour, creed, ethnic origin, sexual orientation, religion, or economic circumstance.

Wayside House of Hamilton seeks to remain on the cutting edge of innovation while enriching the client experience, as well as empowering individuals to take control and redefine their lives. By maintaining a standard of excellence, Wayside House of Hamilton seeks to facilitate change and recovery, keeping a multi-faceted and individually based approach. 2016—2017 saw great steps taken towards improvement and innovation.

ORGANIZATIONAL ALIGNMENT

Our Mission

As a community based non-for profit charitable organization, Wayside House of Hamilton is committed to residential addiction treatment and supportive housing for males and transitional male youth, including those with concurrent disorders. Wayside House provides quality, evidence informed programming through integrated services and partnerships in the province of Ontario.

Our Vision

To be the provider of choice for men's substance-dependent abstinence-based services.

Our Guiding Principles

- Honesty & Integrity
- Sustainability & Accessibility
- Quality Improvement
- Responsibility & Accountability
- Cooperation & Collaboration

Our Beliefs

- We believe that recovery from substance dependency is possible and achievable.
- We believe that every individual has a right to recovery.
- We believe in developing and fostering a client-centric environment to empower individuals to take responsibility and accountability for their own recovery, needs, strengths and weaknesses, and goals.
- We believe that confidentiality and trust are paramount in maintaining an environment where individuals can recover.
- We believe that the care-path for every client should include the components of the social determinants of mental health and addiction: specifically, freedom from discrimination & violence, social inclusion, and access to economic resources.

Our Values

- Integrity and accountability at every level of the organization and its' interactions.

- An ethical framework based on evidence-informed best practices.
- Respect for diversity, embracing differences and ensuring a discrimination free environment.

Our Philosophy

In support of Wayside House of Hamilton's vision, mission, and values, we will consistently provide high quality services to enable men to recover and maintain abstinence from substance dependency. We are committed to continuous, long-term improvement so that we may consistently meet the needs of the individuals we serve. Our primary measure of service success is a positive outcome as indicated and determined by the clients we serve; whose best interest remains at the center of all decisions made.

We believe that alcohol and drug addiction is not a character flaw or a moral failing but rather a chronic health condition which deserves to be treated with care, backed by evidence-informed treatment in a safe environment that fosters consistent, positive outcomes.

It is the philosophy of Wayside House of Hamilton that we will:

- Embrace a culture of continuous improvement, critical thought, and innovation.
- Empower the client to take ownership and responsibility for their program.
- Employ best practices in our service delivery and ensure treatment of the highest quality.

Our Program Focus

The focus of our program is Integrated Residential Addiction Treatment and Supportive Housing for Men with an increased Focus on Concurrent Disorders.

FROM THE PRESIDENT

Wayside House of Hamilton empowers men to redefine their own reality. The diverse groups of people who make up Wayside's community of support share a common belief that recovery is possible. We believe that motivated men have a right to quality treatment, and recognize that recovery is an ongoing process. From initial contact, through intense transition and with post-care support – our organization relies on industry best practices and innovation to ensure that hope meets purposeful action. Since January, we have had 349 individuals served, of which 140 men lived in-house. More than half of our clients have actively engaged with mental health supports in this time. Over the past six months, data indicates that Wayside has helped 82% of residential and 100% of supportive housing clients establish income security; we have seen 70% of residential and 83% of supportive housing clients re-establish relationships with their family and/or children. In the same period, our clients have demonstrated an 81% reduction in emergency room hospital visits. I take great pride in Wayside's success year to date.

The Board remains steadfast in its commitment to effective governance and careful oversight to help ensure Wayside House of Hamilton will continue to be a sustainable organization that has the ability to create long-term change for our clients. Wayside has met or exceeded all M-SAA requirements in the past year, while continuing to meet the additional targets set by the Canadian Centre for Accreditation. The Board relies on quality improvement reporting metrics to guide our decision making in order to best care for the men we serve. The client's wellbeing is at the centre of everything we do.

The Hepatitis C program also took a lead role in assuring improved access, support and treatment for those living with and/or affected by the Hepatitis C virus. The team continues to

reach out to vulnerable populations and offer innovative support. Fostering positive relationships with all stakeholders including the Six Nations of the Grand River and the Mississaugas of the New Credit First Nation.

The Board was delighted to see Regan Anderson recognized by the Ontario Ministry of Health and Long-term Care with the 2017 Minister's Medal for an Individual Contributor. This is a well-deserved recognition for both Regan and those staff who have contributed to the successes of Wayside House of Hamilton over the past several years. Over the past year, Regan has also committed his own time by joining municipal and provincial committees tasked with rolling out an omni-channelled drug strategy. We are confident Regan will help to influence positive change for our clients through these strategic projects.

On behalf of the Board of Directors, I want to thank all of our staff, volunteers and community partners for their ongoing dedication. Their whole-hearted commitment allows Wayside House of Hamilton to be a choice care provider for substance dependent men pursuing recovery in Ontario. We applaud the day-to-day efforts of Wayside's staff; their care reassures our clients that no matter what hardships they face, recovery is possible and they are not alone. We recognize our clients most of all; they demonstrate tremendous courage engaging in this difficult journey. It is an honour to be trusted with their well-being, and we strive to do right by these men and their loved ones.

Thank you for your support.



John Hartnett
President





TREASURERS REPORT

Welcome everyone to our Annual General Meeting and thank you for your support. It is my pleasure to serve as the Treasurer for Wayside House and to present the Treasurer's Report for the fiscal year end of March 31, 2018. As a testament to the Wayside House's commitment to fiscal responsibility and efficient use of resources, it gives me great pleasure to announce that the organization ended the year in a balanced position (\$7,970 or 0.55% surplus).

Having strong fiscal and financial discipline allows our organization to provide the best in quality care for our clients despite not having an increase in base funding. This is not easy to achieve nor does it just happen. It takes planning on behalf of our Board of Directors and sound decision making on behalf of our President and staff. I applaud each and every one of them as this is a reflection of their dedication to our clients and Wayside House.

The Statement of Financial Position indicates a healthy state, with a net fund balance of \$521, 587 as at March 31, 2018. Internally restricted funds include those for approved building repairs, maintenance and renovations of \$251, 603; The Operating and Community Fund account for the Organizations program delivery and administration activities of \$106,265; The Capital Fund reports the assets, liabilities, revenues and expenditures related to the organization's capital assets of \$163,265.

I am honoured to present the audited financial statements as prepared by Vine and Partners LLP.

Respectfully submitted,

Sarbjit (Rene) Juneja, MBA, CPA, CMA, CD

FROM THE CEO

As the CEO of Wayside House of Hamilton, it is once again a pleasure to report. 2017-2018 was yet another year where we saw challenge and change. It was a year that also brought opportunity and hope. For nearly 20 years, I have supported the agency in growing and developing into a service that is recognized and respected both locally and provincially. With 60 truly integrated beds, we are able to support so many men as they address their substance use concerns. We have developed a staff mix that is responsive and equipped to meet the needs of both adult men and transitional aged male youth.

In October of 2017, I was honoured by the Minister of Health in receiving the Minister's Medal "Honouring Excellence in Health Quality and Safety". I was recognized as the "Individual Champion" and presented with the award at the Health Quality Ontario annual conference. As I was called to the stage individually, I did not arrive there alone. This recognition was the result of the 100's of men I have served. By my amazing staff and my incredibly dedicated board of directors. While my name is on the award, it truly belongs to everyone at Wayside House. It reflects the years of struggle and dedication of our clients, their friends and their families. I remain humbled by their trust.

As we recognize our achievements, we also recognize and reflect on our losses. This year continued to bring sadness in the loss of more of our clients. Losses to overdose or complications from years of struggling with an addiction. As the spotlight is on opioids, the light must remain on other drugs as well. Alcohol, cocaine and crystal methamphetamines continue to challenge so many more. Lives have been devastated and, for many, hopes and dreams destroyed. Our plan remains to offer access to care and to instill the belief that recovery is possible.

This year saw a renewed investment in our programs and services. The Local Health Integration Network, along with the Ministry, is seeing the benefits of our programs. With the development of the Hamilton Drug Strategy and LHIN sub region planning, more individuals are coming to learn of our services and the value they bring. We believe our new government will see the benefits as well.

This year's theme for Wayside House of Hamilton is "Recovery is Possible" and our motto remains, "A Commitment to Recovery. A Commitment to Quality".

Respectfully,

Regan E. Anderson, MA
CEO



AUDITOR'S REPORT

To the Directors of Wayside House of Hamilton

We have audited the accompanying financial statements of Wayside House of Hamilton, which comprise the statement of financial position as at March 31, 2017 and the statements of operations, changes in net assets and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, 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.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements 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 entity's internal control. An audit also includes evaluation the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

Basis for Qualified Opinion

In common with many not-for-profit organizations, Wayside House of Hamilton derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of Wayside House of Hamilton. Therefore, we are not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the year ended March 31, 2017, current assets and net assets at April 1, 2016 and March 31, 2017.

Qualified Opinion

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial statements present fairly, in all material respects, the financial position of Wayside House of Hamilton as at March 31, 2017 and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for profit organizations.



COMMITMENT TO RECOVERY. COMMITMENT TO QUALITY.

AUDIT STATEMENT

Wayside House of Hamilton Statement of Financial Position March 31, 2018

ASSETS

CURRENT

Cash
Short term investments (Note 4)
Accounts receivable
Prepaid expenses
Restricted cash (Note 9)

2018

2017

\$110,343
\$403,400
\$44,617
\$4,080
-

\$125,157
\$400,537
\$28,091
-
\$824

CAPITAL ASSETS (Note 5)

\$562,440
\$163,719

\$554,609
\$168,350

\$726,159

\$722,959

LIABILITIES

CURRENT

Accounts payable and accrued liabilities (Note 8)
Demand loan (Note 7)

\$69,829
\$134,743

\$56,418
\$152,924

\$204,572

\$209,342

NET ASSETS

Operating and community fund
Capital Fund
Reserve Fund

\$106,265
\$163,719
\$251,603

\$96,417
\$168,350
\$248,850

\$521,587

\$513,617

\$726,159

\$722,959

	Operating & Community Fund	Capital Fund	Reserve Fund	2018	2017
NET ASSETS - BEGINNING OF YEAR	\$96,417	\$168,350	\$248,850	\$513,617	\$513,652
Excess (deficiency) of revenues over expenses	\$9,848	(\$4,631)	\$2,753	\$7,970	(\$35)
NEW ASSETS - END OF YEAR	\$106,265	\$163,719	\$251,603	\$521,587	\$513,617

REVENUES

Local Health Integration Network operating grants	
Ministry of Health Hepatitis C Secretariat fund	
Local Health Integration Network supportive housing	
Other	
Ministry of Health medical and dental reimbursement	
Guests' room and board	
Ministry of Health community infrastructure renewal fund	

2018

2017

\$597,967	\$601,002
\$384,828	\$379,128
\$312,768	\$312,768
\$64,515	\$54,783
\$62,955	\$55,763
\$23,686	\$24,259
-	\$36,555

\$1,446,719

\$1,464,258

EXPENSES

Amortization of capital assets	
Bank charges	
Communications	
Dues and memberships	
Food and medical	
Funded capital expenditures	
Hepatitis C program expenses	
Insurance	
Interest of demand loan (Note 7)	
Office and general	
Personal needs, medical and dental	
Print and promotion	
Professional and consulting	
Program	
Repairs and maintenance	
Salaries and benefits	
Special projects	
Training and development	
Transportation	
Travel and meals	
Utilities	

\$4,631	\$5,617
\$302	\$300
\$30,252	\$28,108
\$2,244	\$2,244
\$16,665	\$111,562
-	\$38,989
\$43,793	\$45,435
\$12,752	\$12,270
\$6,215	\$6,377
\$19,429	\$19,075
\$69,036	\$55,763
\$4,483	\$3,651
\$16,470	\$20,200
\$24,962	\$15,650
\$29,801	\$31,262
\$1,009,897	\$1,017,884
\$960	-
\$7,516	\$10,843
\$14,056	\$13,715
\$8,565	\$7,635
\$16,711	\$17,713

\$1,438,749

\$1,464,293

EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES

\$7,970

(\$35)

OPERATING ACTIVITIES

2018

2017

Excess (deficiency) of revenues over expenses

\$7,970

(\$35)

Item not affecting cash:

Amortization of capital assets

\$4,361

\$5,617

\$12,601

\$5,582

Changes in non cash working capital:

Accounts receivable

(\$16,526)

\$9,593

Accounts payable and accrued liabilities

\$13,441

(\$112)

Deferred income

-

(\$6,564)

Prepaid expenses

(\$4,080)

-

(\$7,195)

\$2,917

Cash flow from operating activities

\$5,406

\$8,499

INVESTING ACTIVITY

Short term investments

(\$2, 863)

\$46,676

FINANCING ACTIVITY

Repayment of demand loan

(\$18,181)

(\$20,339)

INCREASE (DECREASE) IN CASH FLOW

Cash - beginning of year

(\$15,638)

\$34,836

\$125,981

\$91,145

CASH - END OF YEAR

\$110,343

\$125,981

CASH CONSISTS OF:

Cash

\$110,343

\$125,157

Restricted Cash

-

\$824

\$110,343

\$125,981

QUALITY IMPROVEMENT

Quality Improvement (QI) is a systematic approach to assessing services and optimizing outcomes. Wayside House of Hamilton's approach to quality improvement is based on the following principles:

- Individuals Served Focus;
- Recovery Oriented;
- Flexibility & Individuality;
- Empowerment;
- Leadership Involvement;
- Data Informed Practice;
- Proactive Prevention;
- Continuous Improvement.

This year our QI activities included:

- Aligning all services to address the Determinants of Health;
- Development of a standardized Scorecard and excel-based intelligence applications;
- EQIP project participation (data coach Secondment);
- Capacity development for our five year Quality Improvement Plan;
- Adopting an Agile approach to PDSA Improvement Cycle using the Model For Improvement;
- Standardized, Comprehensive Database for Reporting and Analytics, Longitudinal Performance Measurement, and Future Planning;
- Development of the Client Recovery and Employee Training Dashboards through the Website;
- Quadruple Aim Focus and Alignment;
- Comprehensive Training and Standardization;
- Community Engagement and Partnership programs;
- Opiate Replacement Therapies & Harm Reduction
- Crisis Intervention & Naloxone Administration Training

Wayside House of Hamilton acknowledges that while we have made incredible strides forward with respect to QI, we have only scratched the surface of potential. Over the next four years, the organization will be working tirelessly to ensure that we establish a strong leadership position within the industry, providing value and support for our clients and stakeholders. **We are committed to continuous improvement, maintaining our position at the forefront of cutting edge innovation and progress.**



RESIDENTIAL PROGRAM

Wayside House of Hamilton is a residential addiction treatment program for adult males. Our programs are specifically designed to address the needs of men who have identified an issue with alcohol and drug use. Program components meet best practice and are as follows:

Orientation

- 3-5 day orientation to program;
- Introduction to residential setting and counselors;
- Formulation of treatment plan;
- Introduction to self help supports including AA, NA, & CA;
- Discharge planning begins.

Core Program

- 5-6 week comprehensive treatment program;
- Educational sessions, process groups and 1:1 counselling;
- Life skills, recreation, and development of social learning skills;
- Developing and maintaining established treatment goals.

Recovery

- 3-4 week duration;
- Completion of comprehensive relapse prevention program;
- Discharge plan put into action;
- Reintegration into the community; options may include stable housing, employment opportunities, and other supports.

Relapse Prevention: An Integral Part of Recovery

- Considered one of the most important aspects of the recovery phase;
- Applied after the core program modules are completed;
- Helps to reinforce all that has been learned and further provides the tools and skills needed to maintain the goal of abstinence;
- Establishes the framework to cope with trials that come along the way;
- Clients learn how to avoid pitfalls and how to stay the course. Continuing Care: An Aspect of Community Treatment
- 2 years of supported aftercare;
- Weekly support groups;
- Client maintains a relationship with the program for ongoing support.

STATISTICS AT A GLANCE



349 INDIVIDUALS SERVED

140 ADMISSIONS

INTO RESIDENTIAL TREATMENT WITH OVER

274 INDIVIDUALS

COMPLETING ASSESSMENT

**13,350 SUPPORTIVE
HOUSING RESIDENT DAYS**

8,268 RESIDENTIAL TREATMENT DAYS



**90% OF CLIENTS MAINTAINED
SELF-HELP INVOLVEMENT**

OVER **3,760** RESIDENTIAL
TREATMENT GROUPS WITH GREATER THAN
61,948 PARTICIPANT EQUIVALENTS

17,537 FACE-TO-FACE
INTERACTIONS IN RESIDENTIAL TREATMENT

3,992 FACE-TO-FACE
INTERACTIONS IN SUPPORTIVE HOUSING

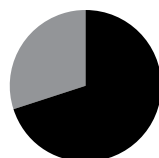
**56% OF SUPPORTIVE HOUSING CLIENTS
ENGAGED IN MENTAL HEALTH SUPPORTS**



14,771

PHONE/TEXT INTERACTIONS WITH CLIENTS IN
RESIDENTIAL TREATMENT & SUPPORTIVE HOUSING

**22% RETURN TO EMPLOYMENT
UPON PROGRAM COMPLETION**



**70% OF RESIDENTIAL TREATMENT
CLIENTS REUNITED WITH FAMILY**

**EIGHTY THREE PERCENT
OF SUPPORTIVE HOUSING CLIENTS
REUNITED WITH FAMILY**

**54% OF RESIDENTIAL
TREATMENT CLIENTS**

ENGAGED IN MENTAL HEALTH SUPPORTS



REDUCTION IN ER VISITS 81%

**34,800 MEALS SERVED
AND OVER \$110,000**

CONTRIBUTED TO FOOD PREPARATION.



SHELTER HEALTH HEP C TEAM

Who We Are

We are an outreach team. We meet clients/ patients “where they are at” anywhere in the community (home, coffee shop, etc.). We have access to office space in our building to host one on one visit with clients, and would be open to seeing patients at our building, our yours (or anywhere else the patient feels comfortable).

Our Mission

The Hepatitis C team follows the Mission of the Ministry of Health & Long-term Care’s AIDS & Hepatitis C programs: “To establish treatment services that will help curb the spread of the Hepatitis C Virus (HCV), by ensuring that people are diagnosed, and treated for Hepatitis C.”

Our Mandate

The Shelter Health Hep C Team has been funded by the Ministry of Health and Long Term Care’s AIDS & Hepatitis C Secretariat to provide services and comprehensive medical care, and treatment to individuals, living with, affected by, or at risk of acquiring, the Hepatitis C Virus within the City of Hamilton and the Six nations Reserve in Ohsweken.

Our Team

Dr. Zahira Khalid

Hepatitis C—Treatment Physicians Internal Medicine

Tim O’Shea

Hepatitis C—Treatment Physicians Infectious Disease Specialist

Jane McQueen

Hepatitis C—Treatment Nurse

Suzanne Edwards

Hepatitis C—Community Coordinator

Jason Paulley

Hepatitis C—Social Worker/Psycho-Social Support

Ray Bryan

Hepatitis C—Outreach Worker

Our Services

- Hepatitis C Treatment
- Hepatitis C Testing
- Hepatitis C Counselling
- Hepatitis C Case Management
- Education & Awareness
- Capacity Building for Professionals
- Weekly Peer Support
- Peer Support Training Program
- Harm Reduction
- Addiction Focus

In particular, our target population are those who meet the following criteria (this list is identified from the MOH as being at-risk for HCV):

- People who use drugs
- People Involved with the correctional system
- People who are homeless or under-housed
- Aboriginal Peoples
- Street-involved Youth
- People with tattoos and/or body piercings

Peer Support Group

Patients who are at-risk, affected by, or living with Hepatitis C are welcome to attend our Peer-led Support Group located at 131 John St S (CMHA building across from Go Station). The group meets from 1:15-3pm every Wednesday. Currently in development is the Peer Support Program. When completed, clients can be trained to be Peer Support Workers and receive honorarium for their work with our team. Currently we have 4 Peer Support Workers working with our team in limited capacity awaiting full training.



CLIENT SPOTLIGHT



EXPRESSIVE ART



TESTIMONIALS

"Before coming to Wayside I did not know how to deal with my addiction problem, my alcohol problem or my issues with mental health. I was completely broke with no place to go and no hope for my future. With Wayside's help I have learned skills and tools to live a positive life. I've become socially competent again, through supports and tools provided to me from Wayside House of Hamilton. My recovery has its ups and its downs, but the Wayside staff and clientele has been by my side throughout my journey. I'm incredibly grateful to have help from such an amazing treatment program." - **DW**

"Wayside House is staffed with the most passionate, loving and hardworking people I've known. I learned how not to drink alcohol and use drugs here. But more importantly, I've learned how to live my life in sobriety." - **PB**

"Wayside has connected me with myself. I have learned who I am and how I can become the person I want to be. I have made great friends with a common goal and I have received priceless help from the counsellors and my peers. Thank you Wayside House." - **Anonymous**

"After 25 years of drug and alcohol addiction, I found myself in a position where not only was I unable to control my substance use, but lacking the life skills needed to live productively. Wayside has taught me what I need to know in order to get my life back in order and has given me the opportunity to make some great new friends, both in the clients as well as the staff." - **SP**

"I am forever grateful to Wayside. I'm wrapping up my second stay at Wayside and I feel I have identified my struggles and accepted my disease. Wayside hasn't turned their back on me even when others have. In my opinion, Wayside was vital to my recovery." - **Anonymous**

"Wayside House has given me the confidence to quit. I liked the movie nights, meeting new people and going to meetings." - **Anonymous**

"I was lost in my addiction. Wayside helped me build my self-esteem and confidence back to be able to live life again in society." - **Anonymous**

"For me being at Wayside means another chance. I have a very comfortable apartment in Oakville that is subsidized and I have a cat who is, more or less, my only company. It means I will not lose my liver or get jaundice or wake up in the hospital again. Wayside will help me forget about my fear of the future in a way that matters and keep my mindset on one day at a time." - **Anonymous**

"Wayside House accepted me for who I am. There is no judgement. I feel safe." - **Anonymous**

"Wayside means a new way of life. Free from drugs. I survived a serious overdose and I am alive again." - **TD**



APPRECIATION

- Alternatives for Youth
- Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN)
- Ministry of Health & Long-Term Care
- The AIDS & Hepatitis C Secretariat
- Shelter Health Network
- Canadian Mental Health Association—Hamilton Branch
- Ron Tomblin
- National Steel Car Employees
- Dave Wallace
- City of Hamilton Ontario Works
- Ministry of Community & Social Services
- Manny Ferreira—Mezcal TNT
- Elizabeth Fry Society
- Len's Crafter's Gift of Sight Program
- Dr. Khalid
- Hamilton Police Services
- Dr. O'Shea
- Dr. Brasch
- Dr. Carr
- Men's Addiction Services Hamilton
- Regan Anderson
- Anthony Volpe
- Madeleine Levy
- Andrew Span
- ArcelorMittal Dofasco
- Hope Place Centres
- Canadian Centre for Accreditation
- Mohawk College
- Pharmasave Medical Arts
- The Hammond Family
- North Hamilton Health Centre – Diabetes Clinic
- Lifelabs
- Medical Arts Walk-In Centre
- Dr. Vijay Garach
- Dr. Simali Garach
- Raj Sandhu
- Mike Dietrich
- The Women's Missionary society and Guild—
St. Columba Presbyterian Church
- Southgate Presbyterian Church
- Kim & Mary Pare
- Johnson & Johnson
- Carluke's Ladies Aid
- St. John's Presbyterian Church
- Janis Campbell
- Rhonda Leonard
- Dr. Myles Sergeant
- KS Customwear
- Jeanine Lindley
- Rose Dipietro-Mazza
- John Street Clinic
- MERCK Canada
- The Hamilton Clinic
- SIS Clinic
- McMaster University—Health Centre
- McMaster University—Continuing Education
- Six Nations Health Services
- Addictions and Mental Health Association of Ontario
- Gilead Science Inc.
- The Winstanley Family
- The Hamilton Tiger Cats
- Tim Horton's Field

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