**THE KOOTENAY BOUNDARY SUPPORTED RECOVERY BED PROGRAM (KBSRP)**

Annual Report

April 1st 2024 to March 31st 2025

**ABOUT US**

The Kootenay Boundary Support Recovery Program (KBSRP) is a Recovery Bed program for individuals who are 19 and older who wish to change their relationship with substances and who believe they could benefit from a structured and supportive environment while doing so.

The KBSRP provides counselling and life Skills support, as well as 2 housing options one is in a 5 bedroom house and the other is 3 SRO units at Ward Street place collaborating with Nelson CARES. Participants can stay for up to 6 months.

Program expectations:

- attend two hours of group Monday to Friday

- connect 1:1 with a clinical counsellor

- connect 1:1 with assigned life skills worker

The KBSPR opened its doors in February 2017, and we are proud of the way our program continues to grow and adapt to the needs of our participants and our community.

***OUR VISION:***

A home where people build bridges to a full, rich, and beautiful life in a community where they feel they belong.

***WE STRONGLY BELIEVE:***

* We are all on this journey together
* Community is essential for healing
* We all have our own relationships with substances
* Change is always possible
* Success looks different for each one of us
* We have a right to define our own recovery and receive support that is free on stigma, judgement, and shame
* Client centered approach
* We have a responsibility to reconciliation and Indigenization
* In creating a safe and welcoming space for all LGBTQIA+ and Two Spirit people
* We are all worthy of respect, dignity, love, and the opportunity to live our best life

**PROGRAM HIGHLIGHTS**

**RECREATION**

We have continued to expand the recreation portion of our program and we are proud to offer a diversity of opportunities for participants to engage with the natural beauty of the land surrounding Nelson.

Activities this year have included: a day at the White water ski hill, trips to Ainsworth hot springs, 2 – 3 day camping trips one at Bannick on Slocan lake and one at Garland Bay North on the Eastshore of Kootenay lake, walks and hikes, beach days, snow shoeing, fishing, outdoor fires, frisbee golf, golf, walks to near by old growth forest, archery, and bowling.

We offer variety of low-cost recreational activities during the week and one full day recreation activity monthly. Additionally, we try to offer individual support outdoors as is appropriate, for example a life skills worker might take someone to play basketball, pickleball, or do a workout program for their weekly individual support session.

**PARTICIPANT LED GROUPS**

In the past year we are fortunate to have had participants in the program who have been interested in facilitating staff-supported groups for their peers on topics that they feel passionate about in their recovery. These groups have included gratitude journaling and Refuge Recovery and have been valuable additions to our programming.

**PEER SUPPORT VOLUNTEER**

The KBSRP continues to develop the peer program we have had consistent attendance from postgraduates. Adding a peer support component to the program has benefited the current program participants as they are positive mentors for them. We are grateful for the ongoing engagement from the peers that attend weekly groups. Thus far, our peer volunteers continue in person and participant in many of the rec opportunities.

**PROGRAM VISIONING**

This year we were fortunate to have a full time lifeskills worker bringing stability and consistency in services. We also welcomed two wonderful practicum students that helped in many ways. We continue to envision creating a space that feels safe and comfortable to all our participants. We would like to continue to integrate outdoor pursuits by utilizing the pristine wilderness that surrounds us.

We also developed a garden program that has proven to be very fruitful. We are currently working on creating a workout room as this is what the participants have identified as a need to support their sober living journey.

**Highlights**

This AGM marks the 9th year of the KBSRP

Some highlights from us this year include:

* In 2024 we had 11 participants graduate from the program, and 4 participants early exits and in 2025 we have had 5 graduated and 1 early exit to date.
* We have continued to refine the use of the Fyidb data base program, creating forms and document tracking.
* The camping trips have been very successful, and we are preparing for another camping trip in early July 2025
* Highly skilled full-time clinician who is reliable, trauma informed and very invested in the success of this program.
* We continue to witness the importance of holding a flexible definition of “success” and have found that non-judgemental support, particularly after someone experiences relapse, can encourage changes far more profound than focussing solely on maintaining abstinence. Our team prioritizes supporting a positive shift in someone’s relationship with substances and we recognize that this shift can come in many forms.
* Participating in COINS Healing Our Spirits biweekly gatherings
* Participating in a KATI art therapy group offered by their practicum students.

**Challenges**

This year we have also faced some challenges. Our full time Lifeskills worker left at the end of December 2024 and finding a replacement has been difficult. Having a full time consistent Lifeskill worker is very helpful in providing continuity of care for the individuals we serve. We are also fortunate to have hired some new casual Life Skills worker, which has provided some consistency for our participants outside of the clinical role. We are still currently looking for a qualified permanent full time lifeskills worker.

Program occupancy has been going well however we have had periods of low enrollment, this is due to referrals not suitable for our program, people not being reachable once referred, or people deciding not to come last minute. We have worked on updating the Website and have recently updated the KBSRP brochure.

Ward Street Place SRO’s continue to be difficult sober living environment for our participants. Reason for this challenge includes the fact that there are many other WSP residents living there that are in active in substance use, and that have Mental Health issues. Shared washrooms, limited cooking facilities and proximity to downtown can all be triggers that put our individuals at risk. Since Brooks House has been predominantly a men’s house, women and trans participants tend to be occupying the WSP units. Although staff do their best to connect with WSP participants the distance is still significant when trying to support these individuals.

Although we have had many participants graduate from the program, we have also had 6 individuals return for a second or third time. We do not see this as a fault of the program but rather speaks to the safety and security that participants experience while in our care.

The challenge lies with the transition and aftercare. As we all know finding safe affordable housing can often be difficult thus sometimes making it difficult to continue to be engaged in the program as a peer. The change of environment, having someone to hold them accountable and the isolation are all factors that contribute to the return to substance use.

We have recognized several ongoing barriers within community-based supports, including a lack of affordable trauma-specific counselling, a lack of available primary medical care providers and psychiatrists, and a lack of affordable housing once a participant exits the program.

All things considered the program is thriving and we continue to work on strategies to address these challenges. We value the important feedback from the program participants, and we will continue to make recommendations and changes as needed.