



Sunrise Healing Lodge Society

Annual Program Service Activity Report

2024-2025

Vision Statement: Providing a Path to Recovery through Spirituality and Culture

Mission Statement: Recovery from Addictions

Value Statements

The value statements describe the principles and beliefs that guide the staff and board members of Sunrise Healing Lodge. They reflect what the organization stands for and how it operates and guides its behaviour and decision making. We believe in the value statements and internalize the concepts to provide successful client focused programs and services.

- **SAFETY** – We promote a culture of safety for all.
- **SERVICE** – We are client focused based on native spirituality as the foundation that supports our program and service delivery.
- **LEADERSHIP** – We support teamwork and value the unique contribution of each team member.
- **RESPECT** – We recognize the diversity, worth, dignity and potential of self and others.
- **INTEGRITY** – We conduct ourselves in a professional and ethical manner and we are accountable for our actions both personally and as an organization.

Agency Highlights:

Sunrise Healing Lodge engages with the Calgary community through active social media, participation in community events such as Recovery Day, Wellness Walk, Round Dances, Elder's Gatherings and Knowledge Sharing Circles, and job and health fairs. Sunrise also maintains positive relationships with community colleges and universities and regularly takes practicum students and provides information sessions to students. Sunrise staff have also done presentations to other community agencies such as school boards and virtual First Nations Telehealth presentations. has one staff member that sits on the Case Management Team with Calgary Indigenous Court, one staff member that sits on the Social Work Advisory Committee with Bow Valley College, and a staff member who is a member of Rocky Mountain Recovery.

We accept referrals from many community agencies such as First Nations Wellness Centres, detoxes and shelters, Child and Family Services, Calgary Probation, Correctional Service Canada, and various other mental health and medical professionals. Sunrise also regularly receives client referrals from the Government of the Northwest Territories. Clients can be referred by community agencies and practitioners or can self-refer. Clients are required to fill out an application (and medical for the Inpatient Program), complete a phone interview with our Admission Coordinator, and then are placed on the waitlist.

- Our Alumni continue to be active and hold business meetings at Sunrise. They support our clients by attending the weekly Marble Ceremony, facilitate a speaker meeting on Saturdays for Inpatients, and continue to sponsor our Inpatient and Outpatient clients.
- Sunrise Healing Lodge staff conduct follow-up calls for our Alumni members at regular intervals for the first year after program completion. Staff offer support, resource information, and food bank/household item referrals. Alumni members are also encouraged to drop-in to attend the Outpatient Program whenever they would like.
- Staff and clients were able to take trips to Kananaskis, the Tsuut'ina Museum, Heritage Park, The Confluence, and Telus Spark Science Centre.
- We went sage picking multiple times last year with clients at Nose Hill and clients also enjoyed traditional Indigenous teachings at the same time. Clients also had an opportunity to tend and harvest sage and ceremonial tobacco in the Sunrise cultural garden.

- We hosted 3 Social Work and Addiction Studies practicum students this past year and continue to be grateful for these relationships with local post-secondary institutions. Sunrise is a popular agency for students to do their practicum at and unfortunately, we could not accommodate all the students that applied.
- Clients had the opportunity to participate in Sweat Lodges, Tipi Teachings, Drumming, Meditation, Pipe Ceremonies, and Elder visits. Sunrise clients also continue to participate in cultural crafting, making items like prayer ties, dreamcatchers, medicine pouches, and beading.
- The Cultural Initiative for Healing Program continues to be funded by FCSS. We are so grateful for this funding as we see this initiative as very important for clients, staff and the Calgary community. This program allows our clients access to cultural teachings, ceremonies, cultural crafting supplies, and traditional medicines. Our Cultural Initiatives Coordinator presents on average 30 groups per month to Outpatient and Inpatient clients. Yearly he trains our staff for a full day and presents to other agencies as requested.
- Our 8 Week Family Counselling Program Funded by FCSS is recognized as a very helpful addition to our clients who need support with communication skills, parenting, family communication, conflict resolution, and healing as a family from addiction and intergenerational trauma. The program runs concurrently with the Inpatient and Outpatient Programs.
- EAGLE Circle for female Inpatient clients is still being presented at Sunrise. This 10 Week Program offers education on women and anger, self-worth, relationships, and boundaries. During 2024-2025, the ladies attended 35 groups with a total attendance of 495.
- CROW group for male Inpatient clients is still being offered to male clients, This 10 Week Program covers anger management, healing relationships, healthy values, and boundaries. During 2024-2025, the men attended 39 groups with a total attendance of 642.

Community Collaborations:

- Sunrise welcomes 12 Step speakers from several 12 Step Fellowships to share their experience, strength, and hope with our Inpatient clients.

- Smile Dental Bus continues to see Clients every second Tuesday afternoon to offer teeth cleaning for those who request. All clients with dental coverage are able to access this. We are also connected with Emergency Dental Services and can provide coupons for low-income clients to use in dental emergencies.
- Safeworks nurses come to Sunrise every two weeks, and as needed to see additional clients or for specific testing. Safeworks provides Clients with STD testing, pregnancy tests, HEP A & B and tetanus vaccinations.
- Mint Blue Bottle Pharmacy is a very important part of helping our clients with their medication needs. A pharmacist visits Sunrise weekly to support clients with refills and medication counselling.
- The Alex Street Team and Siksika Outreach has been supporting clients for the past year with identification, housing, and post-treatment supports. Peer Support Workers come to Sunrise 1-2 times per month to meet with clients.
- Momentum and Warrior Moccasins have provided financial workshops to clients every 8 weeks.
- Safe Link and Alberta Health Services also provide regular presentations to clients on nutrition, employment, and sexual health,
- Oxford House is still a major partner, housing many of our clients after treatment. As well clients are accessing the Dream Centre, Mustard Seed, and the SORCe to be connected to a wide variety of Calgary housing options.
- One of our staff members has been part of the Calgary Indigenous Court since it opened in September 2019. There are weekly meetings where agency representatives from all over the city discuss the best placement and supports for a client to positively assist them in their involvement in the legal system.
- Since January 2025 Sunrise has worked with two therapists from mental Health Nurses Group to provide additional mental health support to clients.
- Representatives of the Agency sit on the Bow Valley College Addictions Studies Advisory Committee and the Social Work Advisory Committee.
- Other working alliances involved with our service delivery are: Renfrew Recovery Centre Detox (RRC), Calgary Alpha House Detox/HELP team, Drop-In Centre, Mobile Response

Team, Indigenous Elders, Bow Valley College, Elbow River Healing Lodge, Mustard Seed, The Distress Centre, and Miskanawah.

Inpatient Program:

This past year our counsellors presented 2302 recovery/culturally based groups to Inpatient clients, with cumulative attendance being 20578.

Inpatient Treatment Client Evaluation Responses:

Question	2024-2025	2023-2024
Male or Female	Male 62% – Female 38% Gender Fluid – 0%	Male 64% – Female 34% Gender Fluid – 1%
Overall, how did our services meet your needs?	Excellent = 75% Good = 25% Fair = 0% Poor = 0%	Excellent = 74% Good = 24% Fair = 5% Poor = 0%
My one-to-one sessions with my counsellor were helpful.	Excellent = 75% Good = 18% Fair = 7% Poor = 0%	Excellent = 72% Good = 22% Fair = 4% Poor = 1%
My Medicine Wheel Aftercare Plan will support me in my personal well-being and assist me with my sobriety.	Excellent = 85% Good = 15% Fair = 0% Poor = 0%	Excellent = 58% Good = 36% Fair = 7% Poor = 0%
Group sessions/teachings were helpful.	Excellent = 73% Good = 25% Fair = 2% Poor = 0%	Excellent = 58% Good = 37% Fair = 5% Poor = 0%
Would you recommend our services to others?	Yes - 100% No - 0%	Yes - 100% No - 0%

PLM Outcomes – Inpatient Pre and Post Evaluations:

Question	2024-2025	2023-2024
After completing treatment, my understanding of emotional, mental, physical	Very good understanding – 75% Good understanding - 25% Don't know – 0%	Very good understanding – 68% Good understanding - 32%

and spiritual balance and well-being is? (ST1)	Poor understanding – 0%	Don't know – 0% Poor understanding – 0%
After completing treatment, my awareness/ understanding of Indigenous culture and sense of identity is? (ST1)	Very good understanding –60% Good understanding - 40% Don't know – 0% Poor understanding – 0%	Very good understanding – 50% Good understanding - 45% Don't know – 4% Poor understanding – 1%
After completing treatment, my awareness/ understanding of the 12 Steps of Alcoholics Anonymous is?	Very good understanding – 82% Good understanding - 15% Don't know – 3% Poor understanding – 0%	Very good understanding – 62% Good understanding - 34% Don't know – 3% Poor understanding – 1%
After completing treatment, my awareness/ understanding of the resources in the community that could help me with my addiction issues is? (ST1)	Very good understanding – 87% Good understanding - 13% Don't know – 0% Poor understanding – 0%	Very good understanding – 59% Good understanding - 38% Don't know – 3% Poor understanding – 4%

Other Inpatient Program Statistics:

- The percentage of repeat Clients for the Inpatient Program this year was 5% down from the previous year.
- 80% of our clients self identified as Indigenous (First Nation, Non-Status, Metis and Inuit), which is a 10% increase from last reporting period.
- The percentage of inpatient clients who reported no fixed address (NFA) at the beginning of their treatment is 55%. This is comparable to previous years.

Inpatient Client ages:

2024-2025	2023-2024
18-24 – 10%	18-24 – 10%
25-49 – 75%	25-49 – 78%
50-64 – 14%	50-64 – 10%
65+ - 1%	65+ - 2%

Inpatient Addictions by Primary and Secondary:

2024-2025		2023-2024	
<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>	<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>
Alcohol – 61%	Alcohol – 19%	Alcohol – 61%	Alcohol – 14%
Amphetamines – 18%	Amphetamines – 10%	Amphetamines – 21%	Amphetamines – 13%
Crack/Cocaine – 14%	Crack/Cocaine – 20%	Crack/Cocaine – 9%	Crack/Cocaine – 25%
Cannabis – 3%	Cannabis – 18%	Cannabis – 3%	Cannabis – 14%
Fentanyl– 2%	Fentanyl– 3%	Fentanyl– 4%	Fentanyl– 2%
Gambling – 0%	Gambling – 0%	Gambling – 0%	Gambling – 0%
Heroin – 0%	Heroin – 0%	Heroin – 0%	Heroin – 1%
Hypnotics/Sedatives/ Benzodiazepines – 0%	Hypnotics/Sedatives/ Benzodiazepines – 0%	Hypnotics/Sedatives/ Benzodiazepines – 0%	Hypnotics/Sedatives/ Benzodiazepines – 0%
Nicotine – 0%	Nicotine – 2%	Nicotine – 0%	Nicotine – 0%
Prescription Opioid – 1%	Prescription Opioid – 0%	Prescription Opioid – 1%	Prescription Opioid – 1%
Other – 1%	No Answer – 25%	Other – 1%	No Answer – 29%
Ketamine – x3		Ketamine – x1	

Alcohol as a Primary Addiction:

More than half of the Inpatient Clients have a primary addiction to alcohol which is historically consistent.

Outpatient Program:

This past year our counsellors presented to outpatients 1207 recovery/culturally based groups to 2606 Outpatient clients.

Outpatient Treatment Client Evaluation Responses:

Question	2024 - 2025	2023 - 2024
Male or Female	Male - 38% Female - 62%	Male - 55% Female - 45%
Overall, how did our services meet your needs?	Excellent = 68% Good = 32%	Excellent = 68% Good = 32%

	Fair = 0% Poor = 0%	Fair = 0% Poor = 0%
Please rate/comment on your Outpatient program at Sunrise?	Excellent = 72% Good = 28% Fair = 0% Poor = 0%	Excellent = 73% Good = 27% Fair = 0% Poor = 0%
My one to one sessions with my counsellor were helpful.	Excellent = 72% Good = 22% Fair = 3% Poor = 6%	Excellent = 86% Good = 5% Fair = 9% Poor = 0%
Group sessions/teachings were helpful.	Excellent = 66% Good = 28% Fair = 3% Poor = 0%	Excellent = 64% Good = 32% Fair = 0% Poor = 0%
My Medicine Wheel Aftercare Plan will support me in my personal well-being and assist me with my sobriety?	Excellent = 72% Good = 28% Fair = 0% Poor = 0%	Excellent = 77% Good = 23% Fair = 0% Poor = 0%
Would you recommend our services to others?	Yes - 97 % No – 3%	Yes - 100 %

PLM Outcomes – Outpatient Pre and Post Evaluations:

Question	2024-2025	2023-2024
After completing treatment, my understanding of emotional, mental, physical and spiritual balance and well-being is? (ST1)	Very good understanding – 78% Good understanding - 22% Don't know – 0% Poor understanding – 0%	Very good understanding – 61% Good understanding - 39% Don't know – 0% Poor understanding – 0%
After completing treatment, my awareness/ understanding of Indigenous culture and sense of identity is? (ST1)	Very good understanding – 56% Good understanding - 44% Don't know – 0% Poor understanding – 0%	Very good understanding – 67% Good understanding - 33% Don't know – 0% Poor understanding – 0%
After completing treatment, my awareness/ understanding of the 12 Steps of Alcoholics Anonymous is?	Very good understanding – 80% Good understanding - 20% Don't know – 0% Poor understanding – 0%	Very good understanding – 63% Good understanding - 37% Don't know – 0% Poor understanding – 0%

After completing treatment, my awareness/ understanding of the resources in the community that could help me with my addiction issues is? (ST1)	Very good understanding – 75% Good understanding - 25% Don't know – 0% Poor understanding – 0%	Very good understanding – 90% Good understanding - 10% Don't know – 0% Poor understanding – 0%
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Other Outpatient Program Statistics:

- There were 16 Clients that repeated our Outpatient program.
- 75% of our Clients self identified as Indigenous (First Nation, Non-Status, Metis and Inuit), which is an increase from last year.
- No Outpatient clients indicated that they were homeless during the 2024-2025 year.

Outpatient Client Ages:

2024-2025	2023-2024
18-24 – 10%	18-24 – 10%
25-49 – 83%	25-49 – 80%
50-64 – 6%	50-64 – 10%
65+ - 1%	65+ - 0%

Outpatient Addictions by Primary and Secondary:

2024-2025		2023-2024	
<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>	<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>
Alcohol – 73%	Alcohol – 15%	Alcohol – 78%	Alcohol – 7%
Gambling – 2%	Gambling – 3%	Gambling – 2%	Gambling – 2%
Marijuana – 4%	Marijuana – 18%	Marijuana – 1%	Marijuana – 21%
Cocaine/Crack – 12%	Cocaine/Crack – 25%	Cocaine/Crack – 9%	Cocaine/Crack – 21%
Prescription Opioid – 1%	Prescription Opioid – 0%	Prescription Opioid – 1%	Prescription Opioid – 0%
Amphetamine – 8%	Amphetamine – 9%	Amphetamine – 6%	Amphetamine – 7%
Hypnotics/Sedatives/ Benzodiazepines – 1%	Hypnotics/Sedatives/ Benzodiazepines – 0%	Hypnotics/Sedatives/ Benzodiazepines – 0%	Hypnotics/Sedatives/ Benzodiazepines – 0%
Heroin – 1%	Heroin – 0%	Heroin – 1%	Heroin – 0%

Fentanyl – 1%	Fentanyl – 1%	Fentanyl – 2%	Fentanyl – 1%
Nicotine – 0%	Nicotine – 11%	Nicotine – 0%	Nicotine – 11%
Other - 1%	Other - 1%	Other - 1%	Other - 4%
Ketamine	Nitrous	GHB	GHB and Ketamine
	No answer – 15%		No Answer 20%

Alcohol as a Primary Addiction:

The majority of the Outpatient Clients have a primary addiction to alcohol which is consistent historically. Alcohol is 73% of everything we screen for with everything else only at 27%.

Anecdotal Stories

#1.

When I came to Sunrise, I was desperate. I was desperate for a way out of my way of living that didn't work for me. The recovery journey has been good. It was challenging, but if the journey wasn't challenging, the destination wouldn't have been so rewarding. Although I had to commit, Sunrise taught me to keep pushing. Not for more things, but more growth. I didn't come this far to ONLY come this far. I came this far so I'd be strong enough to go further. If what I do doesn't scare me and excite me at the same time, it will not grow me. I failed before, lots of times. In fact, I can find 1000 ways that won't work, but all I really need is one way that will. I have confidence that Sunrise is that way for me and I will be forever grateful for this program. I'm proud of my achievements, but that doesn't mean I'll settle for them. Proud but ALWAYS pushing, proud but forever hungry for spiritual growth.

- Ken L. (Inpatient)

#2:

My experience at Sunrise was the best experience ever out of all the programs I have taken throughout my lifetime. I feel like I have a better understanding and connection with my spiritual identity than I ever did before in my whole life. I am very grateful that I committed my all to this program, for it helped me become a better person. Not only for myself, but for my children, or being of service to 40 people that truly need and want to change like I once felt. Coming to Sunrise every day as I got more connected and comfortable made me feel

at home, a sense of belonging and acceptance without judgement. Fearful of change, it wasn't easy for me. But I overcame my struggles thanks to Sunrise who directed me where I needed to be or were just there with supporting energy and loving hearts. I would love to say a big thank you for all that Sunrise has supported me through to help me get back to the real authentic me. I now love myself more than I ever did. I now put myself and recovery first because in my addiction, I never put me first or even loved myself. With everything I've learned from the counsellors and the clients, I am more confident to be of service and more open minded to receive and give. Thank you for all your service, because if it weren't for the courage and everything Sunrise had to offer, I'd still be lost in the dark. I'm forever grateful that I walked through that door that brought my shine back. – Lindsey G.
(Outpatient)

Service Level Expectations:

- a) Service level delivery outputs have been identified in the output section of the logic model previously submitted.
- b) Specific service indicators and outcomes expected during the term of the Agreement:
 - The number of clients served in the Inpatient Treatment Program during the 2024-2025 fiscal year was 217.
 - The number of Clients served in the Outpatient Treatment Program during the 2024-2025 fiscal year was 105.
 - The number of Clients served in the Alumni Program during the 2024-2025 fiscal year was 86.
- c) Identification of measurement tools to be used and methodology regarding the collection of the outcome measures:

Client Evaluations	Indicator	Outcome Measurement Tool	Methodology and Reporting Schedule
Inpatient Treatment	Pre and Post Service Evaluation	Client Satisfaction Survey	As per PLM - End of Service Evaluations Completed (90% returned)

Outpatient Treatment	Pre and Post Service Evaluation	Client Satisfaction Survey	As per PLM - End of Service Evaluations Completed (100% returned)
Client Experience Survey – Outpatients and Inpatients	Post Service Evaluation	Client Experience Survey	Internal Survey from clients to inform the agency on potential future program/service improvement.

Respectfully Submitted:

Leslie Big Bull, Executive Director

Jodie Uzelman, Director of Operations