



ANNUAL REPORT

2025- 2026

Respectfully submitted by:

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Executive Director

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Operations



Our Vision, Mission & Values

01 Vision Statement

Providing a Path to Recovery through Spirituality and Culture

02 Mission Statement

Recovery from Addictions

03 Value Statements

- **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.



SUNRISE HEALING LODGE
SOCIETY

Pathway to Our Services

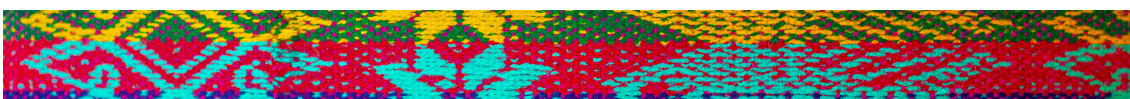


- Clients are required to fill out an application (and medical for the Inpatient Program), complete a phone interview with our Admission Coordinator, and then are placed on the waitlist.
- Clients can self-refer or can be referred by community agencies and practitioners.
- Sunrise accepts referrals from many community agencies such as First Nations Wellness Centres, detoxes and shelters, pre-treatment and transitional programs, 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.

Program Highlights

LIVING THE CIRCLE

- Staff and clients were able to take multiple trips to the Bow River, Kananaskis, Blackfoot Crossing and The Confluence for land-based teachings, as well as had the opportunity to visit Telus Spark Science Centre several times.
- We went sage picking multiple times last year with clients at Nose Hill and clients also enjoyed traditional teachings at the same time. Clients also had an opportunity to learn about, grow, and harvest sage and ceremonial tobacco in the Sunrise cultural garden.
- Clients and staff participated in 10 Sweat Lodges, Tipi Teachings, monthly Drumming, weekly Meditation, 6 Pipe Ceremonies, and weekly Elder visits. Sunrise clients also continue to participate in cultural crafting, making items like prayer ties, dreamcatchers, medicine pouches, and beading.





SUNRISE HEALING LODGE SOCIETY

Alumni Highlights

- 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 since March 2026 have held a 12 Step Meeting on Sunday evenings at Sunrise that is open to all Sunrise Alumni in the community. Sunrise Alumni members 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.



Funding

- The Cultural Initiative for Healing Program continues to be funded by Family and Community Support Services (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, Elder support, ceremonies, cultural crafting supplies, and traditional medicines. Our Cultural Initiatives Coordinator presents on average 20 groups per month to Outpatient and Inpatient clients. Sunrise clients report a significant increase in their understanding of and involvement with Indigenous cultural teachings and ceremony.
- Our 8 Week Family Counselling Program Funded, also 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 and saw 102 graduates over the past year.
- EAGLE Circle for female Inpatient clients was offered at Sunrise until March 2026 when it was cancelled due to budget constraints. This 10 Week Program offered education on women and anger, self-worth, relationships, and boundaries.
- CROW group for male Inpatient clients was offered at Sunrise until March 2026 when it was cancelled due to budget constraints. This 10 Week Program covered anger management, healing relationships, healthy values, and boundaries.

STUDENT PRACTICUMS

Sunrise maintains positive relationships with community colleges and universities and regularly takes practicum students and provides information sessions to students. We hosted 7 Social Work and Addiction Studies practicum students this past year and continue to be grateful for these relationships with local post-secondary institutions such as Bow Valley College and Mount Royal University. Sunrise is a popular agency for students to do their practicum at and unfortunately, we could not accommodate all the students that applied.



SUNRISE HEALING LODGE
SOCIETY

Community Collaborations:

- Sunrise Healing Lodge engages with the Calgary community through active social media, participation in community events such as Recovery Day, Wellness Walk, Round Dances, Outreach Events, and Knowledge Sharing Circles, and job and health fairs. •
- 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 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.

Community Collaborations

..continued

- The Alex Street Team and Siksika Outreach have been supporting clients for the past year with identification, housing, and post-treatment supports. Peer Support Workers come to Sunrise monthly to meet with clients.
- Sunrise has partnered with Warrior Moccasins to provide Indigenous Financial Wellness workshops to Sunrise clients.
- 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, the Friendship Centre and the SORCe to be connected to a wide variety of Calgary housing options.
- One of our staff members has been part of the Case Management Team with 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.
- Sunrise staff have provided presentations to community agencies such as wellness centres and virtual First Nations Telehealth presentations.
- Two of our staff members participate in the Bow Valley College Program Advisory Network.
- Since January 2025 Sunrise has worked with Psychiatric Nurses from Counsel Culture Canada to provide additional mental health support to clients.
- Other working alliances involved with our service delivery are: Renfrew Recovery Centre Detox (RRC), Calgary Alpha House Detox/HELP team, the Drop-In Centre, Mobile Response Team, Indigenous Elders, the Friendship Centre, Mustard Seed, and Miskanawah.



Board Accomplishments

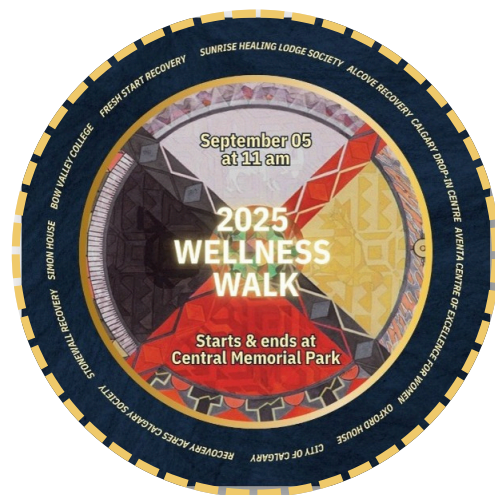
SUNRISE HEALING LODGE
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Over the past year, the governing body has focused on strengthening the stability, cultural integrity, and long-term sustainability of Sunrise Healing Lodge, an alcohol and drug treatment centre that combines the 12-Step Recovery Program with traditional Indigenous teachings and values. This approach supports holistic healing and honours the lived experiences of those seeking recovery.

Key achievements of the governing body include:

- Responding to budget challenges by approving fundraising initiatives to help offset funding shortfalls and support continued service delivery.
- Guiding Sunrise through the accreditation process, ensuring the program meets required standards while remaining grounded in culturally appropriate and trauma-informed care.
- Approving the creation of a fundraising position to strengthen long-term financial sustainability and reduce future funding risks.
- Actively contributing to the development of the Sunrise Strategic Plan, helping set clear direction and priorities for the future of the treatment centre.
- Approving a 50/50 raffle held in February 2026, which generated additional funds to support program operations.
- Engaging with program alumni who continue to live sober lives, using their lived experience and feedback to help guide program direction, accountability, and continuous improvement.
- Developing sponsorship letters and outreach efforts to corporate partners across Calgary, expanding awareness of Sunrise and seeking broader community support.
- Supporting the planning and development of the “Diamonds in the Rough” Gala, an upcoming event designed to showcase Sunrise Healing Lodge, celebrate recovery, and highlight success stories of individuals who are continuing on their road to sobriety.

The governing body remains committed to transparency, respectful collaboration, and meaningful engagement. Ongoing dialogue with community members, alumni, partners, and supporters is welcomed and valued as part of ensuring Sunrise continues to serve the community in a strong, culturally grounded, and effective way.



Events Organized

SUNRISE HEALING LODGE SOCIETY

Gathering of the People

Sunrise hosted a two-day community cultural event, bringing people together through cultural and spiritual pathways that support healing and recovery. The event featured guest speakers, entertainment, cultural activities, and a cultural and alumni panel.

Annual Gala: Recovery Is About the Diamonds in the Rough

This year's "Where We Come From" gala welcomed 86 attendees and received overwhelmingly positive feedback. The event raised \$2,966 through the silent auction and \$3,550 through the live auction, both exceeding last year's totals. While corporate sponsorships were lower than in previous years, Sunrise is strengthening relationships with local businesses to grow future support. Planning is already underway for the October 3, 2026 gala at Hotel Blackfoot.

Wellness Walk 2025

Sunrise chaired the planning committee for the citywide Wellness Walk, collaborating with multiple community agencies to promote hope, recovery, and connection. The event helped raise awareness, reduce stigma surrounding mental health and addiction, and demonstrate that recovery is possible with community support.

Inpatient Program statistics

ADDICTIONS:

The Inpatient program had 234 participants over the past year.

CLIENT AGES:

2025-2026
18-24 - 10%
25-49 - 72%
50-64 - 17%
65+ - 1%

<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>
Alcohol - 65%	Alcohol - 14%
Amphetamines - 16%	Amphetamines - 16%
Crack/Cocaine - 12%	Crack/Cocaine - 20%
Cannabis - 2%	Cannabis - 18%
Fentanyl- 4%	Fentanyl- 3%
Gambling - 0%	Gambling - 3%
Heroin- 0%	Heroin- 1%
Nicotine - 0%	Nicotine - 3%
Prescription Opioid - 1%	Prescription Opioid - 0%
Other - 0%	No Answer - 20%

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

Inpatient Program

Inpatient Treatment Client Evaluation Responses:

Question	2025-2026
Overall, how did our services meet your needs?	Excellent/Good = 97% Fair/Poor = 3%
My one-to-one sessions with my counsellor were helpful.	Excellent/Good = 89% Fair/Poor = 11%
My Medicine Wheel Aftercare Plan will support me in my personal well-being and assist me with my sobriety.	Excellent/Good = 93% Fair/Poor = 7%
Group sessions/teachings were helpful.	Excellent/Good = 95% Fair/Poor = 5%
Would you recommend our services to others?	Yes - 100% No - 0%

The percentage of repeat Clients for the Inpatient Program this year was 11%, an increase from the previous year.

The percentage of inpatient clients who reported no fixed address (NFA) at the beginning of their treatment was 50%, this is down 5% from previous years.

PLM Outcomes

INPATIENT PRE AND POST EVALUATIONS:

Question	2025-2026
After completing treatment, my understanding of emotional, mental, physical and spiritual balance and well-being is? (ST1)	Very good/Good understanding – 100% Don't know/Poor understanding – 0%
After completing treatment, my awareness/ understanding of Indigenous culture and sense of identity is? (ST1)	Very good/Good understanding –97% Don't know/Poor understanding – 3%
After completing treatment, my awareness/ understanding of the 12 Steps of Alcoholics Anonymous is?	Very good/Good understanding - 98% Don't know/Poor understanding – 2%
After completing treatment, my awareness/ understanding of the resources in the community that could help me with my addiction issues is? (ST1)	Very good/Good understanding – 94% Good understanding - 30% Don't know/Poor understanding – 68%

78% of our clients self identified as Indigenous (First Nations, Non-Status, Metis and Inuit).



Outpatient Program statistics

ADDICTIONS:

The outpatient program had 111 participants over the past year, an increase from 105 the previous year.

CLIENT AGES:

2025-2026
18-24 - 10%
25-49 - 74%
50-64 - 16%
65+ - 0%

<u>Client Primary Addiction</u>	<u>Client Secondary Addiction</u>
Alcohol - 62 %	Alcohol - 19%
Gambling - 2%	Gambling - 4%
Marijuana - 3%	Marijuana - 21%
Cocaine/Crack - 17%	Cocaine/Crack - 21%
Prescription Opioid - 0%	Prescription Opioid - 2%
Amphetamine - 16%	Amphetamine - 7%
Hypnotics/Sedatives/ Benzodiazepines - 0 %	Hypnotics/Sedatives/ Benzodiazepines - 0%
Heroin - 0%	Heroin - 0%
Fentanyl - 2%	Fentanyl - 4%
Nicotine - 0%	Nicotine - 13%
Other - 0 %	Other - 1%
	No answer - 7%

The majority of the Outpatient Clients have a primary addiction to alcohol which is consistent historically.

Outpatient Program

Outpatient Treatment Client Evaluation Responses:

Question	2025-2026
Overall, how did our services meet your needs?	Excellent/Good = 100% Fair/Poor = 0%
Please rate/comment on your Outpatient program at Sunrise?	Excellent/Good = 100% Fair/Poor = 0%
My one to one sessions with my counsellor were helpful.	Excellent/Good = 96% Fair/Poor = 4%
Group sessions/teachings were helpful.	Excellent/Good = 100% Fair/Poor = 0%
My Medicine Wheel Aftercare Plan will support me in my personal well-being and assist me with my sobriety?	Excellent/Good = 96% Fair/Poor = 4%
Would you recommend our services to others?	Yes - 96% No - 4%

The percentage of repeat Clients for the Inpatient Program this year was 11%, an increase from the previous year.

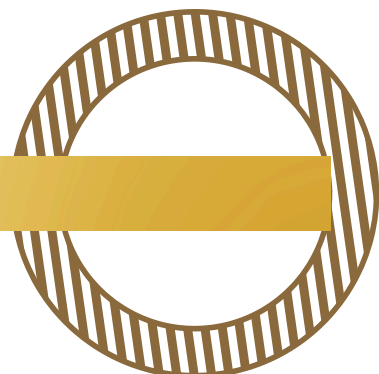
The percentage of inpatient clients who reported no fixed address (NFA) at the beginning of their treatment was 50%, this is down 5% from previous years.

PLM Outcomes

OUTPATIENT PRE AND POST EVALUATIONS:

Question	2025-2026
After completing treatment, my understanding of emotional, mental, physical and spiritual balance and well-being is? (ST1)	Very good/Good understanding – 100% Don't know/Poor understanding – 0%
After completing treatment, my awareness/ understanding of Indigenous culture and sense of identity is? (ST1)	Very good/Good understanding – 100% Don't know/Poor understanding – 0%
After completing treatment, my awareness/ understanding of the 12 Steps of Alcoholics Anonymous is?	Very good/Poor understanding – 100% Don't know/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/Poor understanding – 100% Don't know/Poor understanding – 0%

66% of our Clients self identified as Indigenous (First Nation, Non-Status, Metis and Inuit), which is an increase from last year.



Client Stories

During my addiction I seemed hopeless, lost, and afraid. This program helped me get in touch with my spirituality. Doing the work and surrendering myself to this program, I was able to love myself again. I was no more afraid, lost, or felt hopeless. I found my purpose and got my spirit back. I'm now a person who lives with faith and courage. The twelve steps and seven sacred teachings guided me to the healthy beautiful person I was meant to be.

The person I was when I was in my addictions made many mistakes, now that I'm in my recovery, I've accepted what I've done and forgave myself. I am no longer trying to control the world around me, I now let my Creator's will be done. I am a grateful recovering addict.

-Paul

I came into Sunrise feeling lost and carrying a lot of hurt. Unbeknownst to me, I was being guided towards people who cared and who had the tools to help me dig myself out of my own turmoil. In recovery I learned how much resentment had been controlling my life, how my own actions contributed to my pain. In recovery I began to take accountability and make amends to those I had hurt (even towards myself), this helped me find the freedom towards

the peace I deserved. For many years I only knew myself through my addiction and it shaped the way I saw the world. Now I'm learning to nurture myself while working with the

Medicine Wheel. It helped me find a new purpose and perspective in life. With the teachings of the Medicine Wheel, I'm allowing myself to process my emotions better-mentally, physically, emotionally, and spirituality. I began my healing through therapy, journalling, walks in nature, and always having gratitude. In my addiction, I struggled to understand my own boundaries and limits. In recovery, I've learned that healthy boundaries are not keeping people out, but it's about protecting your own sobriety and peace. Love and respect yourself and you'll be able to love others that way! Thank you Sunrise and to my co-clients as well. All the best towards your recovery and your journey in life! Hiy Hiy!

-Amanda





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