JANUARY-FEBRUARY 2017

Life on the Front Line

From the ED's Desk

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Major
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It is the time of year when many are simply waiting for Spring to come. This year especially, it seems that even nature itself seems to be straining in expectation for the right conditions to arrive which will allow for the appearance of tulips and cherry blossoms to adorn the landscape once again. Even though Spring is not here yet, we know it will come! It's just a matter of time. The hope we profess in Christ is also like that. We may be experiencing the darkest of winters and praying for new life to be breathed into our tired souls. We wonder, "When will this ever end?" Then suddenly, out of nowhere the buds of hope begin to appear in our lives. New life, new hope is around the corner and we can catch a glimpse of how a loving God keeps his promise to provide and restore. It is my prayer that we can each anticipate by faith that which we know to be true - Spring will come with absolute certainty! It is just a matter of time.

Guest Achievements

Jan S.L. found a job in the retail industry, which he is very happy about as he was tired of doing construction work while J.B. acquired full time work through the painters union. D.P. reported finding a job & is quite excited though he has not provided details. R.P. landed a job in Tofino. M.W. has done so much personal work since his arrival here and he has now found employment saying he wants to be in his own place by March. D.S moved out of the ARC, into a job in Vancouver, giving no forwarding address. In Jan. B.M. has reached 6 months of sobriety & found housing through his church. C.Y., a former resident here moved into permanent rental housing. As of the end of January, D.H. & J.F. moved into permanent housing an apartment. A.A. found shared housing in Jan as well. R.L left here at the end of the month to move out near end of the month. He thanked the Salvation Army & staff for support in his transition.

On Feb 04, P. M. found a place & made arrangements to move on & up in the world! He did not provide details in part most likely due to a strong language barrier there, but was clear in his extreme gratitude to the entire staff. On Feb 7, D. M. found housing & moved into a 2 bedroom near Esquimalt, having Sporadic flurries from Mid Feb to the end of the month. Didn't fee like flurries.

On Feb 8, after a short stay here, F.M's friend offered him a room to rent. He thanked us for being here for him in his time of need. On Feb 16, former resident J.T. passed on to us, that he lives in a shared apartment now. Looking great & well rested, he said he was thankful for all our help.

On Feb 16, L B. moved out last night having smoothed things out with his landlord taking his belongings with him.

On Feb 18, S. L. moved out of the ARC with assistance of Anawim house who put him in contact with a caseworker at Warmland House in Duncan run by Cowichan Valley Mental Health as he is a good candidate for their 2 year housing pro-

Quote of the Month

When we lose one blessing, another is often most unexpectedly given in its place.

C.S. Lewis

staf.
gram, developing a case plan & moving into a bachelor suite for $450 a month for up to 2 years.

On Feb 16, Former resident J.T stopped by to say he is living in a shared apartment now. He looks great saying he has been getting a lot more rest was thankful for all the help the ARC staff gave him. On Feb 23 The CASH program has come through for K.E. A really good transition for him, he will move into supported housing site Blackwood as of Mar. 1st.

On Feb 21 C.W. was accepted into housing at the old Super 8 Hotel on Douglas that is now being operated by Portland Housing Society. They are slowly integrating people into the site and Chace will probably be taking possession in March or April. He also has an intake appointment with the new Blade Runners job and life skills training program for at risk youth being launched in BC. They expressed that he is a good fit for them & will be accepted.

Feb 21 D.S. has been accepted into the “Gateway to Resources and Options for Wellness” (G.R.O.W.) program through Island Mental Health. He will be going 2xweek starting today, accessing life skills training, therapy, socializing programs & housing options. On Feb 17 L. B. moved into the community. R.C. reconnected with his brother in Montreal. It took them a long time to find him and get him to return their calls. The conversation went well and we hope their relationship will grow.

Personal Program improvement D.P. is celebrated 4 months of sobriety in Jan while P.G went to stabilization early in Feb.
A.P. is taking ‘back to work maintenance / janitorial program at Camosun College
Kala & N (ARC Staff) f were able to support D.M. during family mediation / child custody court proceedings

Someone lived in this tent, in this storm & wouldn’t come in to the ARC across the street. Sometimes outreach is heartbreak. W see more of this nowadays

On Jan 30, W.S. headed off to treatment with help from his ACT team worker who requested that we ensure Mr. Shepherd is up & at ’em the next day.

Memorials
It is with sadness we announce the passing of Lyle Marrs. There will be a service for Lyle at 10:00am Wednesday, February 8th at Choices (94 Talcott Road, View Royal).
Events & Programs

Regular Weekly Schedule
CELEBRATE RECOVERY/WORSHIP & STEP STUDIES Wed. 3:30-08:00 pm.
AL ANON High Point Church Thurs. 01:00 Onwards
AL ANON High Point Church Fri. 7:30 pm. Onwards

Extreme Weather Protocol (EWP)
citywide Transient Care providers are operating beyond capacity. Due to the renovations at the ARC, from the fine folks at Centennial United Church to facilitate EWP. The original agreement provided temporary space until the Chapel renovation were completed by Dec 25th. Centennial Church staff were kind enough to extend our agreement, allowing us access until January 29th, when regular scheduled programming would no longer permit. After this ARC had to provide a warming space in the Community Dining Room until we were able to get the new Chapel space up running for the winter storm.
Bradly Remington
Bradley Remington made the news. His actions changed city policy! “The city’s policy is to allow transgender people to use whichever change room they identify with”. He also wants to help advance the number of available beds for transwomen in t of beds for women in Victoria – which is pretty cool. It would mean an increase in the number. [TC Web link]

Ready to Rent Program
The Ready to Rent program is being run at the ARC again with a new group of residents. The ARC’s Housing coordinator and caseworker, Nigel Massey, has been leading the program. We look forward to having another group of our guys better prepared to attain and maintain permanent housing. We have now had our first graduates.

Wellness Wednesday (Craigdarroch Castle)
Our first “Cheque day initiative” launched today with a trip to Craigdarroch Castle with nine of our guys – who, guess what? – LOVED IT! We hope to come up with a creative name to replace “Cheque day initiative”. This event for is designed to give sober residents of the ARC a n alternative activity for all future cheque issue days. Our excursion to Craigdarroch Castle was the first event.

Naloxone
It came to light recently that although Naloxone has been saving lives, many survivors have been left with brain damage.

More snow, all the beds full, and still not everybody made it into a shelter.

This happens due to the lack of oxygen going to the brain during an overdose. This month we added an Ambu-bag to our First Aid equipment at the ARC to help our team be able to provide oxygen more confidently and efficiently in the case of an overdose.

Donation Room
Over busy cold weather months, clothing donations expanded so quickly, from so many sources & to such an extent that they were called “Mount Donation”. Time & effort by all staff made it possible clean, launder & put it all away & then hand out needful things to needful people. Our gratitude to the many people who stepped up and donated these needful things.
for use in short order. The common washroom on the 2nd floor (Waddington Alley side) is in the reconstruction phase and the crews are working both above and below the floor to get the work done. For this we have had to utilize some store space and the work in there will be completed soon. Also on the second floor we have the second floor resident's lounge that will have new flooring installed in the coming week. The third floor lounge and the computer lab will have new flooring in the near future and as the fourth floor common washroom renovation comes to completion the work on the third floor common washroom will begin. During the phase including 3rd floor washroom renovation there, will be disruption to the servery area in the cafeteria which is directly beneath this space. More detail will follow as we get closer to having the construction move to this area. On the fourth floor the Lifeskills Lab is coming together with the new flooring installed and some cupboards in place. Some of our door order have arrived & been installed but there are more doors to come.

ARC/RENOVATION DIARY/Building Changes
There have been many changes since the beginning of this construction project, with still more changes to come, with more significant changes to the lobby & reception area. Much work has been done in this area & we are approaching a milestone when the renovated lobby opens again. There is still work to be done here but the completion of these areas along with the chapel are in sight.

As we complete the two private staff washrooms in front of the cafeteria on the second floor the old staff washrooms we are currently using on this floor will be closed to undergo their renewal. The staff washroom and the resident's laundry room in the basement are having finishes applied and will be ready
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levels of foster care & therefore jail time, with addiction encouraged by widespread lack of a decent life & bad circumstances encourag-
ing addiction, & the chances of Administrative Segregation — current name for Solitary Confinement — as an isolating process. After Session Break at 10:45 we were introduced to Dr. Bruce Alexander, author of "Rat Park" Research & addiction studies since 1970. Supervised by the WHO, he also served on the Boards of Directors of NGO’s in Vancouver’s Downtown East Side. He discussed the nature of Addiction & fentanyl as useful in hospitals if safely dispensed with a high of help/harm ratio making opioids currently the most effective pain remedy. In talking of the current spike of fentanyl deaths in BC. he anticipated a problem drug after fentanyl. He mentioned Dr. Vince Valletti and his book "Childhood Trauma and Addiction". After lunch, Kyle Deschamps, ex CRF client, discussed at length his perspective of life in the system & his jour-
ney of personal betterment, followed by another poem by Chris Gaudet. Held up by inclement weather in Vancouver, Gabor Mate arrived later than intend-
ed, giving an extensive lecture, involving much of his previous work related to this subject matter, contributing t the earlier discussions in this forum. He discussed statistics on First Nations people (4% of the general population & 37 % in jail) caused in part, by their children going into foster care 6 times more often than general population followed often by by jail. He discussed levels of compassion at length, the nature of Opioids & the "War on Drugs", terminolo-
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