



Cornerstone

to recovery



Who We Are

Cornerstone is a registered charity and recovery community that provides addiction recovery programs for individuals and families. We opened our doors in 2004 with the intent to provide a place that was safe and productive for those walking the path from addiction to sustainable, community-based recovery. This place for recovery was designed to be collaborative, constructive, and often a home, when we could not be home.

We provide a variety of day and residential programs that help individuals develop the skills, confidence and connections necessary to change their own lives and rejoin their community.

OUR VALUES

Compassion • Humility • Integrity • Service





MISSION

To provide a recovery community for those impacted by addiction to help them achieve physical, emotional and spiritual wellness.



VISION

To share our recovery community with like-minded individuals who wish to support and bear witness to each other's life journeys.



2004

2009

2016

2018

2019

2020

STEPS Recovery Society Incorporated

Men's Residential Facility Opens in Kettleby

Recovery Community Centre Opens

Cornerstone to Recovery Rebranding

Cornerstone Wellness Centre Opens

Women's Recovery Centre Capital Campaign

Moving from a treatment model to a life of long-term recovery.

Sober residential recovery home opens and the S.T.E.P.S Education and Training programs begin.

Our community finds a home. The Community Centre provides a safe, sober community space for gathering, events and much more.

A complete rebrand and restructuring of our programs to accommodate the increasing service need.

The first of its kind in Canada, Wellness provides programs specifically for the recovery community.

The journey to a women's residential program begins!

Cornerstone Pillars

Pathways

Free, daily 6-week program that teaches participants life and employment skills specific to addiction recovery. Participants graduate with a brand new resume, job search & interview skills, employment connections, new social connections and are well on their way to a sustainable recovery journey.

Connections

A wide variety of therapeutic and social supports that provide sober, community re-integration and recovery supports. Connections includes counselling, support groups, sober social events, 12 step meetings & much more!

Wellness

The first of its kind in Canada, fully equipped Wellness Centre, which provides evidence based programs aimed at helping individuals impacted by addiction, and mental illness, improve their physical, emotional, social and spiritual health.

Residential

A 3-month resident treatment home for adults experiencing substance addiction. This program utilizes a treatment community model where residential guests are supported to not only stop using substances, but begin to live a lifestyle that is meaningful and connected.



Social Enterprise

A highly unique element of Cornerstone is our usage of a Social Enterprise model as the primary funder of our organization.

Our Social Enterprise is made up of 3 parts

1. Textile recycling program with an automatized sensor system
2. Agricultural projects
3. Community fundraising events

Benefits of the Cornerstone Social Enterprise:

- o Self-supporting and sustaining through our own efforts
- o Sustainable funding model allowing us to not be reliant on government funding
- o Active community involvement in the growth of the organization
- o Environmental benefits due to waste diversion



The Cornerstone Residential Model

Program Methodology

- Treatment Community model where a thriving, recovery community is the basis for sustainable, life-changing recovery
 - Abstinence-based
- Stage II Recovery programming to learn how to live in recovery and reduce instances of relapse
- Active engagement with 12 step meetings and working through the steps with a vetted sponsor
- Development of life skills that are critical to recovery, including self-esteem, anger management, healthy relationships and more.
 - Work is Hope – re-engagement with work, school and/or volunteering opportunities to add purpose and structure to one's life



The Cornerstone Residential Model

Program Features

- 3-month residential addiction treatment stay, which includes all meals, transportation, 1-on-1, group & family counselling, program materials and community activities. Non-medical, community environment.
- Specialized topic counselling and support for experiences such as trauma, violence and human trafficking
 - 6-Week Pre-Employment & Life Skills Course
 - Wellness Programming including CrossFit, acupuncture, yoga, meditation and mindfulness
 - Work is Hope programming
- Community engagement through volunteering, sober social events and 12 step meetings
- Case management and collaboration with guest's continuum of care to ensure thorough support
- Exit planning program in the third month to ensure a smooth transition out of treatment
- On-going care, community involvement and support upon graduation as an alumni of the program



The Cornerstone Residential Model

Recovery Team

Cornerstone Residential is staffed 24/7, 365 days a year by members of the Cornerstone counselling team. All of the Residential Counsellors are in long-term recovery from substance abuse and are active in the recovery community. They also have an educational background in addition and are all Certified Addictions Counsellors as well as having a wide variety of specialities and training.

Our counselling team has a wide variety of educational and professional training including, but not limited to: addiction and concurrent disorder counselling, cognitive behavioural therapy, acceptance and commitment therapy, trauma counselling, anger management, life coaching, dialectic behavioural therapy, acupuncture detox specialist, meditation instructors, personal training and more.



The Cornerstone Residential Model

Program Costs

- ✓ The cost to Cornerstone per Residential Guest is approximately \$15,000
- ✓ We ask Residential Guests to pay \$7500 for the 3-month program. Cornerstone, as a charity, then covers the other half
- ✓ For those who cannot afford this, we work with them to create an individualized plan or a further subsidized amount.
- ✓ All Guest payments are put into a **Community Contribution Fund** which is used to cover Cornerstone programming costs.

At Cornerstone, our focus is accessible treatment with no, or low, wait times. No one is ever turned away because they cannot afford treatment.





What Sets Us Apart?

- A 10+ year proven program of success with lower rates of relapse
- Community based treatment
- Holistic, whole-person centered program
- 300% more time in the treatment centre
- The meaningful inclusion of the family
- Re-employment & life skills training
- Educated & Certified staff with lived experience
- Heavily subsidized program to allow access to all thanks to our social enterprise, charitable model
- A focus not solely on sobriety, but on *recovery*
- Free, on-going, lifetime community aftercare

The Addiction Epidemic

- ¼ Canadians identify themselves as experiencing addiction/substance abuse
- Canada is the 2nd highest per-capita consumer of opioids in the world
- 11+ opioid related deaths happen every single day
- 17+ opioid related hospitalizations happen every single day
- 77% of deaths involved fentanyl
- Over the past five years, we have seen a 27% increase in opioid related hospitalizations
- Opioid overdose is the 3rd leading cause of accidental death in Ontario presently
- Life expectancy in Canada has decreased by 3 years in large part due to the dramatic rise in substance related deaths, in particular, opioid related.
- Economic burden of mental illness and addiction in Canada = \$51 billion per year (includes health care costs, lost productivity and reductions in health related quality of life)
- COVID-19 has resulted in a sharp increase in substance abuse, overdose and death by overdose. By June, many Canadian cities had already met or exceeded their total # of overdose deaths from 2019 in half the time.

A Gender-Based Crisis

Women experience a variety of gender-specific barriers to treatment:

- **Stigmatized as a “bad mom”**
- **CAS Involvement or fear of CAS preventing women from asking for help**
- **Personal safety risk from domestic violence**
- **Loss of access to children**
- **Increased incidence of HIV and other health complications**
- **Economic disadvantage**
- **Increased barriers for pregnant women or women with young children**

Treatment Shortage for Women

In Ontario, only 1/3 of the available beds are designated for women and there is not a single not-for-profit option.

OHIP covered beds have a 4-6 month long waitlist.

Fee for service beds cost anywhere from \$15,000-\$30,000 for a 21-28 day stay

A Women's Residential Treatment Centre in Barrie

- City based, accessible residential home with 14 beds for Residential Guests and 6 beds for Transitional Housing after successful completion of the program.
- Staff on a 24/7 basis by Cornerstone Counselling team members.
- All of the elements of our original Residential Program are included with additions that are specialized to the unique needs of women.
- Specialized trauma support and case management for survivors of trauma and/or human trafficking
- Increased safety and security. systems and protocols to ensure the safety of residents and staff.
- Phase 2 of the program will involve the introduction of a day treatment program for women who cannot stay in a residential centre overnight due to childcare barriers.



Financial Breakdown for the WRC



A City of Barrie & Cornerstone Partnership – A Win/Win



Social Enterprise & Waste Diversion Partnership

Textile recycling sites in the City of Barrie will provide a sustainable source of critical funding to open, maintain and grow a Women's Residential Centre as well as divert reusable items away from the landfill.

Capital Support of \$400,000 from the City of Barrie

Capital support from both the City of Barrie as well as the Province of Ontario will support the purchase of property within Barrie to house the Women's Residential Centre.

Questions?

