



**FOURCAST**

Four Counties Addiction Services Team

**ANNUAL REPORT**

**2024-2025**



## Introduction

### Four Counties Addiction Services Team (Fourcast)

Fourcast is a community-based addiction treatment provider operating in Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes since 1983.

Our compassionate and professional staff members provide support for people with alcohol, drug or gambling-related problems through a range of programming options.

We work with our clients to help develop a treatment path that is right for their unique needs.

In addition to individual and group counselling, Fourcast also works in collaboration with community service partners in our catchment areas to support people experiencing homelessness or at risk of homelessness.

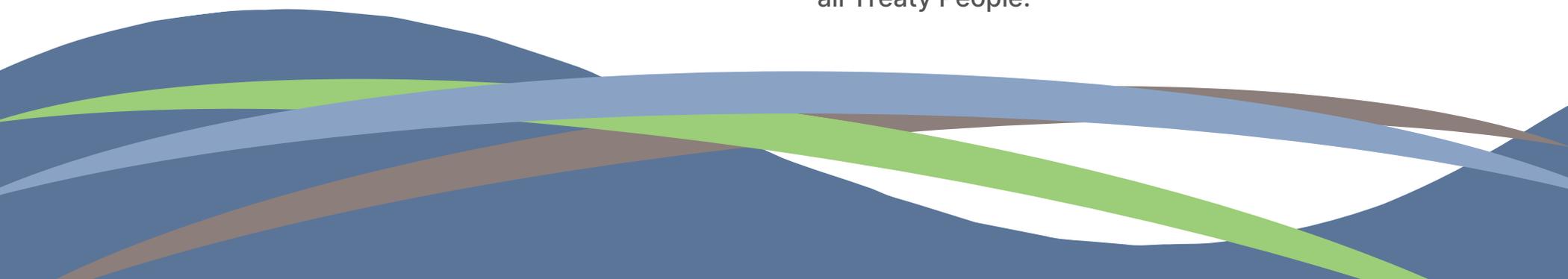
Our focus is on encouraging positive change, and our goal is to support our clients by empowering them to make their own choices.

### Land Acknowledgement

We acknowledge, respectfully, that Fourcast, across all its locations, occupies the traditional territory of the Michi Sagiig Anishinaabeg on land associated with the Williams Treaty of 1923 and Rice Lake Treaty #20 of 1818. Our presence on these lands connects us to Rice Lake, Curve Lake, Hiawatha, Alderville, Scugog Island, Chippewas of Rama, Beausoleil, and Georgina Islands First Nations.

Fourcast's mission is to champion the health and well-being of all by respecting the diversity of every individual and working collaboratively with the community; with guidance from the Truth and Reconciliation Commission's Calls to Action, Fourcast aims to be accountable by nurturing relationships that acknowledge and honour the rightful caretakers and inhabitants of this land.

We offer gratitude to the First Peoples for their continuous care for, and teachings about, our earth and our relations. May we honour these teachings and our responsibilities to reconciliation, as we are all Treaty People.



## Our Identity

### Our Vision

Everyone has access to compassionate and professional support services they need to live a healthy life.

### Our Mission

We provide a continuum of treatments that support the health and well-being of people impacted by addictions and their families.

### Our Values

#### **Diversity & Inclusion**

We strive to create an accessible, welcoming, and inclusive environment where everyone feels they belong.

#### **Collaboration**

We work closely with community partners to ensure service users get the support and care that is most appropriate for them.

#### **Professionalism**

We respect and value our relationships within our team, with service users, and with community partners, and work with integrity and accountability.

#### **Dignity**

We provide choice in a non-judgmental environment to meet service users where they are at.

#### **Innovation**

We pursue excellence by investing in quality care and by exploring and pursuing innovative evidence-informed strategies and practices to meet the needs of service users.

## Board of Directors

### Message from the Chair

On behalf of Fourcast's Board of Directors, I wish to extend our greatest appreciation to the Fourcast staff for another year of delivering high quality services and responding to the increasingly complex demands within each of your programs.

We are entering the final year of our **3 year strategic plan** where we focused on our commitment to provide support to staff in a variety of ways. Specifically, we have provided significant compensation increases and implemented an internal professional development program, **Pathways to Excellence (P2E)**. These commitments respond to the expressed needs of our staff and we will continue to secure opportunities to support them going forward.

Our strategic plan also aspired to bring **bed-based services** to our community, and committed to engaging in collaboration to address complex needs in our community. The bed-based services site at Paddock Wood will begin delivering programs in 2025-2026. With the support of our community partners, Fourcast was successful in securing approval to implement the **new provincially funded HART Hubs**. We are grateful

for both opportunities that we believe will make positive contributions in our community.

The Board had a busy year with governance and policy development in preparation for Fourcast's **first accreditation cycle**. I would like to thank the Governance Committee for their leadership in this area and the rest of the Board for their valuable contributions.

As I wrap up my tenure as Board Chair, I reflect on how much I enjoyed serving on Finance, Governance, and Executive Committees over 10 years. My primary focus was to ensure everyone's voice was heard while maximizing efficiency of board meetings. The Board represents the voices of our community and honoring their contribution is very important.

Fourcast's Board is well positioned to support staff in these new ventures and we look forward to an exciting year ahead. I thank all the Board Directors that have supported me over my years as Chair.

Respectfully submitted,



Elaine Akers  
Board Chair

# Senior Leadership

## Message from the Executive Director

Once again, I am amazed by the sheer scope of what can be accomplished in a year. If I were to summarize this past year, I would say that good news creates a lot of work. We had a lot of good news!

FINALLY, the **Paddock Wood renovation** has been completed, and we have the keys to the building. Now we are building a team of professionals to offer bed-based withdrawal management and addiction treatment options in our community. Our partnership with CMHA HKPR and the Auburn Homestead Nonprofit Housing Corporation has been such a success, and we continue to be grateful for their contributions to bring bed-based services to Peterborough. We eagerly look forward to welcoming clients to Paddock Wood in 2025-2026.

Fourcast was also awarded the opportunity to **implement a HART Hub**. This new initiative from the provincial government targets the complex intersections of homelessness, substance use, mental and physical health as well as public safety. This is a major undertaking with community collaborators, a true opportunity to build from a common vision of improving opportunities for those most marginalized in our community. This coming year we will move

forward on this massive endeavor and hope to achieve the lofty goals we have set for the program.

We are incredibly fortunate to attract **compassionate and professional staff**, and to find the right people for roles where they can fulfill their desire to help others. We rarely have retirements, but this year DW (Donna Werry) retired from our team. She will be missed but her wit and wisdom is woven into the fabric of Fourcast and she will not soon be forgotten.

Our managers are so important and continue to lead major projects and change with incredible competency and professionalism and we are grateful for their tireless contributions. As always, a special thank you to our directors, Wendy and Alison, who do the work of 10 people daily. The diversity of their combined skill set is not matched anywhere on this planet.

Fourcast's Board of Directors provide me with unwavering support and trust to move forward, regardless of the myriad of complications we encounter. I am grateful for their contributions.

With gratitude,



Donna Rogers  
Executive Director

# Key Organizational Statistics from 2024-2025

Our staff are the reason Fourcast is able to provide compassionate, expert care to so many clients in our community. They help navigate difficult situations, and we are continually grateful for their strength and skill.

## Service Interactions

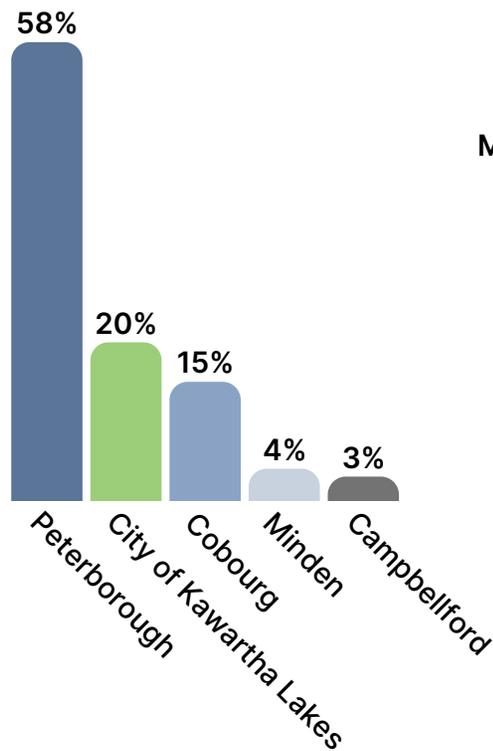
53,237

## Number Served\*

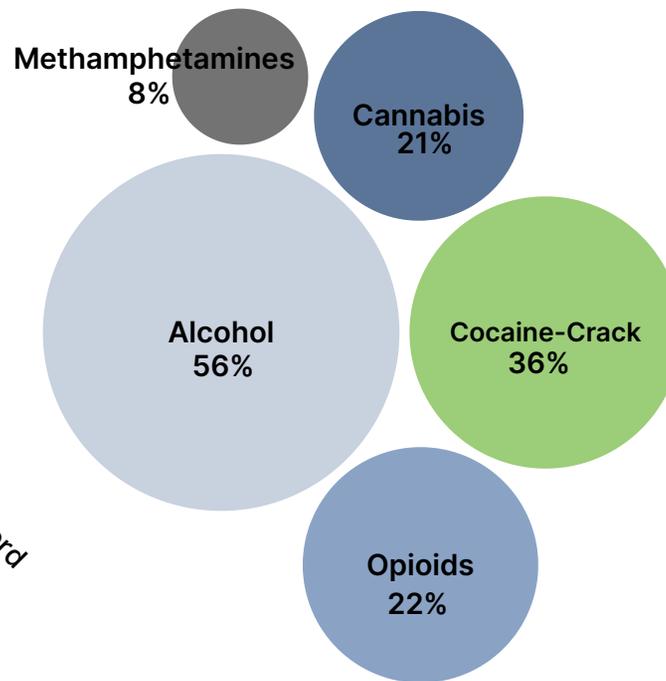
7,423

\*CTS not included

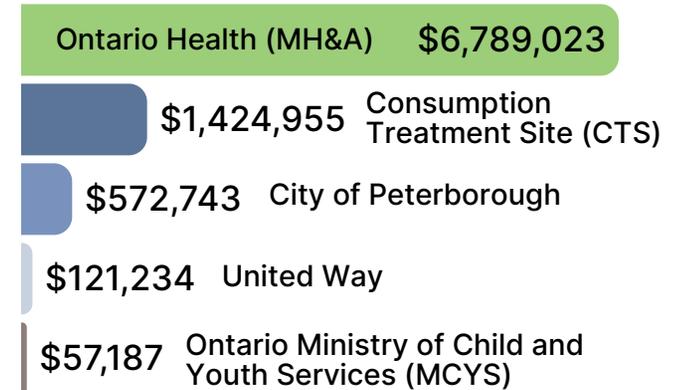
## Clients by Location



## Problem Substances



## Program Revenue



## Total Revenue

\$8,965,142

## Program Highlights

### Community Treatment

Community Treatment is available in Peterborough, Lindsay, Cobourg, Minden and Campbellford. Our Community Treatment services include office-based counselling for individuals and groups, as well as Hospital to Homes programs offered in partnership with Peterborough Regional Health Centre, Ross Memorial Hospital, and Northumberland Hills Hospital.

These programs also support those who are concerned about a loved one's substance use, through supportive groups and counselling specific to this group.

As per last year, our community treatment staff continue to work in-office and at host organizations on a regular basis, and focus on

in-person treatment sessions with clients wherever possible, to maximize engagement.

Clients Served

1,170

Contacts for Service

21,571

Group counselling continued to rebound from pandemic closures after being revitalized last year. Once again we had amazing results, with a 26% increase in the number of group sessions offered and a 99% increase in attendance.

Group Sessions

657

Group Registrations

3,290

### Concurrent Disorder Programs

Many clients seeking our services have concurrent disorders of substance use and mental health concerns. Fourcast runs Court Diversion and Crisis programs in Peterborough in partnership with other community agencies, both of which provide services in community settings.

Staff can support clients attending court virtually, an example of how specific outreach programs can reduce or eliminate barriers for clients.

Clients Served

86

Contacts for Service

1,463

## Problem Gambling

This program provides support to those who have concerns about their own gambling activity or about another person's gambling. Counselling for problem gambling is offered at all Fourcast sites.

We continue to see shifts in gambling activity resulting in more people seeking help, with a significant increase in clients seeking help for online gambling and sports betting. The program served 42% more clients this year and saw a 155% increase in contacts for service.

Clients Served

139

Contacts for Service

1,292

## Opiate Case Management

The Opiate Case Management Program provides office-based counselling as well as outreach case management services for those best served in community settings.

After the wind-down of the MSORT program in 2023-2024 resulted in less community-based work, the team reconvened this year to explore alternate options for assertive outreach including Bridge Housing programming with Elizabeth Fry and the City of Peterborough. Although the program saw 25% fewer clients this year, we had a significant increase of 59% in contacts for service over last year.

Clients Served

194

Contacts for Service

4,568

## Early Access Service (EAS)

Our Early Access Service provides Community Withdrawal Management Services (CWMS), focusing on engaging with clients as their first point of contact when seeking help for substance use concerns, providing quick access to support early recovery.

By connecting people with help at the point of deciding to make changes to their substance use, we can provide service to our community without waitlists. This means we can meet people where they are at, at the time they need support most.

EAS operates at all Fourcast sites and provides on-site collaborative care with the Rapid Access Addiction Medicine (RAAM) Clinics with Peterborough Regional Health Centre's networks.

Clients Served

1,287

Contacts for Service

10,250

## Housing Program

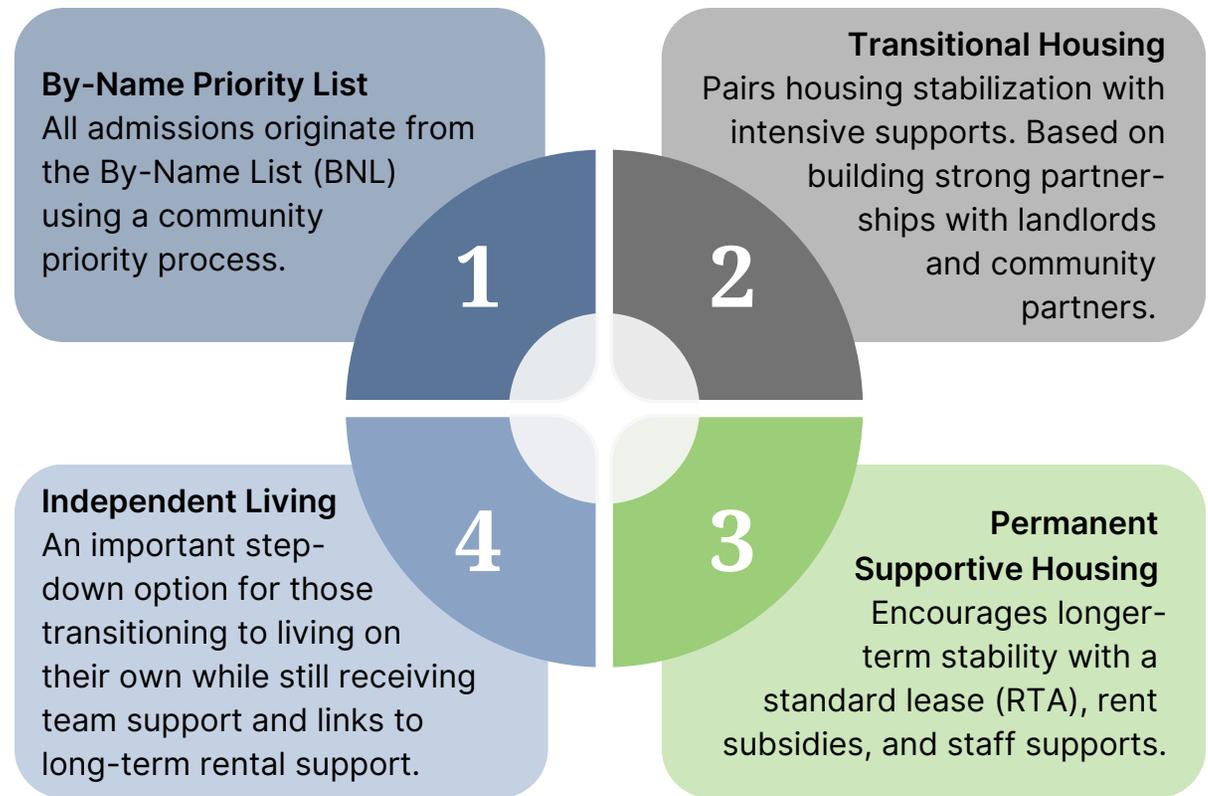
Fourcast's Housing program operates in all of our locations, based on relationships with local community organizations and partnerships with select supportive private landlords.

In Peterborough, Fourcast maintains a strong working relationship with One City for a congregate transitional housing program. We have also continued the partnership with the City of Peterborough and Peterborough Housing Corporation to house clients at Bonaccord, who have moved to independent living and who have minimal support needs.

In Lindsay, our Housing team is partnered with A Place Called Home (APCH), supporting their transitional housing program and offering housing case management for shelter users.

Fourcast staff help the APCH team with innovative housing solutions for people leaving the shelter, providing key staff to enhance outcomes for those in the program.

The Northumberland Housing program continues to provide stability supports and housing inventory to the municipality's coordinated access process, admitting clients based on that selection criteria.



City-Transitional Housing  
59

Reaching Home Step-Down  
26

Northumberland Program  
17

Clients Served  
192

Health PSH (Permanent Supportive Housing)\*  
90

\*Includes APCH program

## Consumption and Treatment Services

In 2024-2025, the Consumption and Treatment Services (CTS) site operated for its third year and continued to see hundreds of client visits every month.

The goal of the CTS is to provide a safe, clean space for people to bring their own drugs to use, in the presence of trained staff. CTS staff work to connect service users to on-site supports in real time, including nursing care, opiate case management, and a community paramedic. When needed, they also make referrals to other health and social services, including substance use treatment for those who are ready.

Referrals to Primary Care

191

First Aid Provided On-Site

229

In early 2025, the number of service users accessing the CTS declined. But there were more service users experiencing intense psychoactive effects, including hallucinations, paralysis and seizures, which were suspected to be linked to synthetic cannabinoids in the local drug supply. This concern was substantiated by drug checking results.

In response to these adverse effects, more service users have accessed the CTS specifically during their use of a new batch. Many have discussed their experiences and symptoms with staff, highlighting a shift in both substance content and user behaviour.

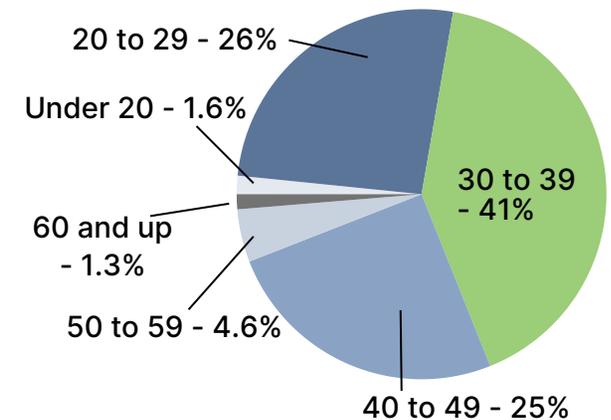
Total Injection Consumptions

7,436

Total Client Visits

8,255

## Client Age Groups



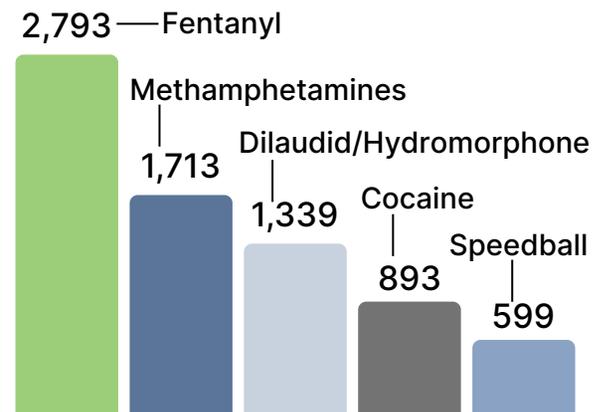
Total Overdoses On-Site

44

Total Sessions of Harm Reduction Education By Staff

6,928

## Top 5 Most Commonly Consumed Substances at CTS



## What's Coming Up in 2025-2026:

### Residential Addiction Treatment Services at Paddock Wood

Completing the renovation of the historic Paddock Wood house was a major milestone to move forward our vision of having bed-based addiction treatment services in Peterborough. We hosted several Open Houses to share this milestone with our supporters, colleagues, and new neighbours. The enthusiasm of our community is inspiring.

We have launched a widespread staff recruitment campaign for the new programs and we are confident we will find skilled and empathetic people who want to join us in this work. With roles ranging from addictions counsellors and withdrawal management workers to food services and night care workers, we will be hiring about 25 staff including full-time and part-time positions.

As with all of our programs, we place the utmost importance on employing qualified, experienced, and compassionate professionals who will uphold our values in every interaction with our clients. Hiring and training a great team is our next major focus for this project.

The highly anticipated bed-based services will include a 5 to 7-day withdrawal management program and a 35-day addiction treatment program. Up to 12 clients will be on-site at a time — 6 beds for the addiction treatment program, and 6 beds for the withdrawal management program.

### Homeless and Addiction Recovery Treatment Hub (HART Hub)

In January 2025, we received the news that our proposal for a provincial HART Hub in Peterborough was successful. We hope to receive final budget approval from Ontario Health very soon and will be moving forward with implementation.

Fourcast will be working with many other local organizations to deliver the HART Hub services, and we will need a strong team, excellent program design, and leadership in coordinating work across the various agencies. The strength of community partnership is our biggest asset.

### Accreditation: New Horizons for Fourcast

Our Strategic Plan for 2023-2026 set a priority focus on ensuring we have a well-supported team and organization. One of the key areas being pursued toward this priority is Accreditation. We have begun the process to become accredited through the Canadian Centre for Accreditation.

The accreditation process will help us ensure the well-being and development of our staff, but it will also support our ability to carry out our mission of meeting the complex needs of the communities we serve.



For help or information, call 1-800-461-1909 or visit [www.fourcast.ca](http://www.fourcast.ca)

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