

# Fourcast Annual Report

2022





## Vision, Mission, Values

### 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 individuals and their families who are impacted by addictions.

### Our Values

#### **Collaboration**

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

#### **Dignity**

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

#### **Diversity & Inclusion**

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

#### **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.

#### **Professionalism**

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



## Message from the Chair

It is always a pleasure to have the opportunity as chair to reflect on the accomplishments of Fourcast during the past year and to look forward to the new initiatives that have been set in motion for the future. These include the ongoing success of the CTS site offering a safe space for members of our community, our participation in the overnight drop-in centre housed in Trinity, and the partnerships and collaboration that lead to the funding for the Detox and Treatment Centre. The board acknowledges that these initiatives are only possible with the leadership of an outstanding Executive Director, assisted by a supportive management team and a group of dedicated staff members. We are inspired by your dedication and the commitment and passion that you demonstrate as you help members of our community through life challenges.

The primary focus for the board of directors this year had been the development of a new strategic plan. Fourcast's Board engaged Arising Collective in July 2022 to support the development of a new strategic plan. Following a meaningful engagement and planning process, the board approved and adopted a new strategic plan outlining our priorities for the next three years, from 2023 to 2026.

Driven by an updated vision, mission, and set of values, we have established three strategic priorities to guide our decision-making. Our strategic plan is an aspirational document that provides a roadmap for how we will realize our future. Our vision – **Everyone has access to compassionate and professional support services they need to live a healthy life** – is critically important as we think about how to best support individuals and their families with dignity through their recovery journey.

Our mission is clear, and we strongly believe that this new plan will not only strengthen our foundation but will also clearly define our role in leading addictions treatment and services throughout the counties of Peterborough, Northumberland, Haliburton, and the City of Kawartha Lakes. We are excited to embark on

this next chapter of our journey. I would like to thank all staff, clients and service users as well as community partners who contributed their time, expertise and experience to support us in developing this new plan.

Thank you to my fellow board members, who have provided their expertise and talents to guide and support the organization.

I would also like to acknowledge two Board members who have decided to “retire” from their Fourcast Board roles. Brian McKinley was on the Board for 5 years and was an active member of the Finance Committee, his contributions in supporting the work of that Committee and providing insightful and professional contributions to the Board were invaluable. Rob Hawthorne has been a Board member since 2009 and has served as Board Chair, Past Chair and participated in many committees and planning process during his time on the Board. Rob's commitment to Fourcast has been incredible, he has been very generous with his time and talents and the Board and organization have benefitted from his knowledge and skills over the past 14 years.

**Elaine Akers**  
Board Chair



## Message from the Executive Director

It is my pleasure to bring reflections of the past year in this 2022-23 Annual Report. For the first time since 2014 Fourcast did not receive new funding. However, this anomaly is sandwiched between a late year funding announcement for the Consumption and Treatment Service (CTS) in 2021-22 and the early 2023-24 funding announcement that Fourcast will be operating residential withdrawal management and adult residential treatment beds. Herculean efforts from so many people from February to June 13<sup>th</sup>, 2022 were required to open the CTS and I suspect we will need the same efforts to open residential services this year. Fortunately, our staff and friends of Fourcast always rally to make the impossible possible.

Late March 2023 we resumed services to pre pandemic status, our doors were open, and we welcomed service users and clients back to all of our sites. For those who worked in outreach programs, during Covid restrictions, providing support to prioritized clients we are grateful for your professionalism and compassion under very challenging circumstances.

I am humbled to recognize key people who have been incredibly resilient and responsive over the past 3 years. The Program Managers and Wendy as Director of Administrative Services have demonstrated a commitment to this organization that is unrivaled. They have worked so many extra hours evenings, weekends, adjusted vacations to ensure that every facet of this organization operated with intense attention to the health and safety of our staff, clients and service users. The volume of material that had to be reviewed and put into policy and practice was massive and seemingly never-ending. They did all of this on top of their already demanding schedules.

Fourcast growth and recent staff turnover provides us with an opportunity to do a complete reset in

the coming year. We have begun a massive staff development and training plan and our early work in this area has been met with enthusiasm within the staff groups. We see knowledge and skills champions emerging within teams and we see this as a critical piece of rebuilding strong supported professional teams who deliver excellent services across our organization.

The Board of Director's Strategic Plan development this past year was very inspiring. The new Strategic Plan provides an excellent roadmap for the next 3 years and I am eager to get started on the work to fulfill the commitments within the plan.

It is with gratitude and respect for staff and the Board of Directors that I look forward to all the new challenges before us in this coming year.

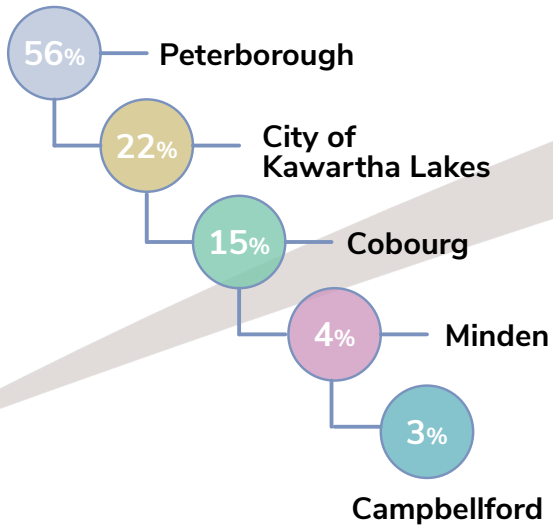
**Donna Rogers**  
Executive Director

# 4 STATS

## Number Served

4,624 \*

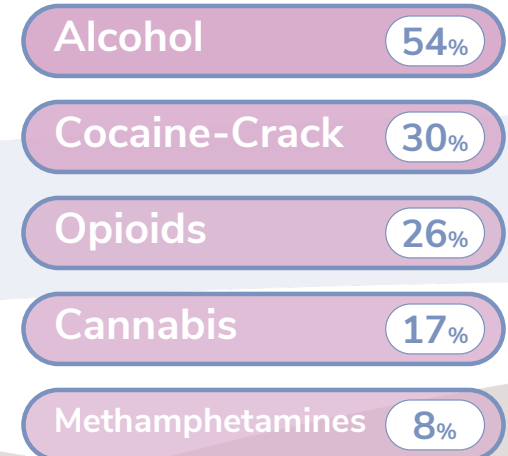
## Clients by Location



## Admissions by Program Type

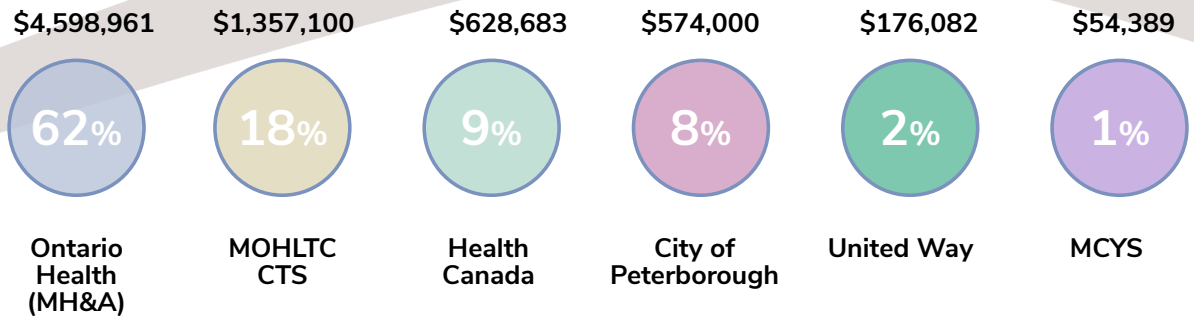
SAB CT	52%
Community Withdrawal Management	17%
Opiate Case Management	14%
CTS	7%
Housing	5%
Concurrent Disorder (Court & Crisis)	4%
Problem Gambling	1%

## Problem Substances



Excludes MSORT & CTS #s

## Program Revenue



## Total Revenue:

\$7,389,215

\* Excludes MSORT #s



## Program Highlights

### Community Treatment

Fourcast's foundational work in addiction treatment was rooted in community treatment throughout most of the agency's history. This foundational program provides outpatient individual and counselling services. This program option is available in Peterborough, Lindsay, Cobourg, Minden and Campbellford. Also included are program activities with the Hospital to Homes program offered in partnership with Peterborough Regional Health Centre, Ross Memorial Hospital and Northumberland Hills Hospital.

This past year represented a return to "normal" for these programs. On March 20, 2022 Fourcast reopened our doors for walk in and in person appointments. There has been a slow transition from virtual to in person services, but we expect in person appointments and groups to return to pre Pandemic levels this year.

Program Admissions 2,406

Service Contacts 15,058

### Concurrent Disorder (CD) Court Diversion

This program partners with Four County Crisis (4CC) Safe Beds to support transitions from Safe Beds to community for those experiencing a mental health crisis with substance use concerns. The CD Crisis program was redeployed during this past year to accommodate reconstruction at the Safe Beds program that resulted from a fire. Clients identified through 4CC or Fourcast teams were offered virtual, office and community visits to support them through periods of crisis.

Program Admissions 147

Service Contacts 792

### Concurrent Disorder Crisis

This program was drastically impacted during the Pandemic due to reduced access to provincial courts. In the past year the program admission more than doubled reflecting the resumption of traditional court activity.

Program Admissions 61

Service Contacts 485

### Problem Gambling

This long-standing program supports those who are concerned about gambling or those who may be concerned about another's gambling activity. The program provides individual and group counselling options as part of the intervention to support change.

Program Admissions 57

Service Contacts 401



## Community Withdrawal Management

Fourcast is transforming the way it offers CWM renaming it an Early Access Service. This name reflects the intention of the program to provide enhanced access to services for those in the early stages of change with their substance use. Funding expansion with the CWM team in the past years has allowed for a reimagining option that provides more support in the early recovery period to best support people through this challenging hurdle. CWM team members are also integrated with the Rapid Access Addiction Medicine (RAAM) Clinics to act as a gateway to other addiction treatment options.

**2022-23**

Program Admissions	787
Service Contacts	11,110

## Contacts / Admissions Comparative 2021 - 2022

**2021**



7

**2022**



14

## Opiate Case Management

The opiate case management program provides office based counselling and outreach case management support to clients in the community. Based on presenting needs from the Mobile Support Overdose Resource Team (MSORT) program the Opiate case management program adopted a stronger focus on assertive outreach in this past year. This shift resulted in 625 admissions, 53% higher than 2021-22.

Program Admissions 625

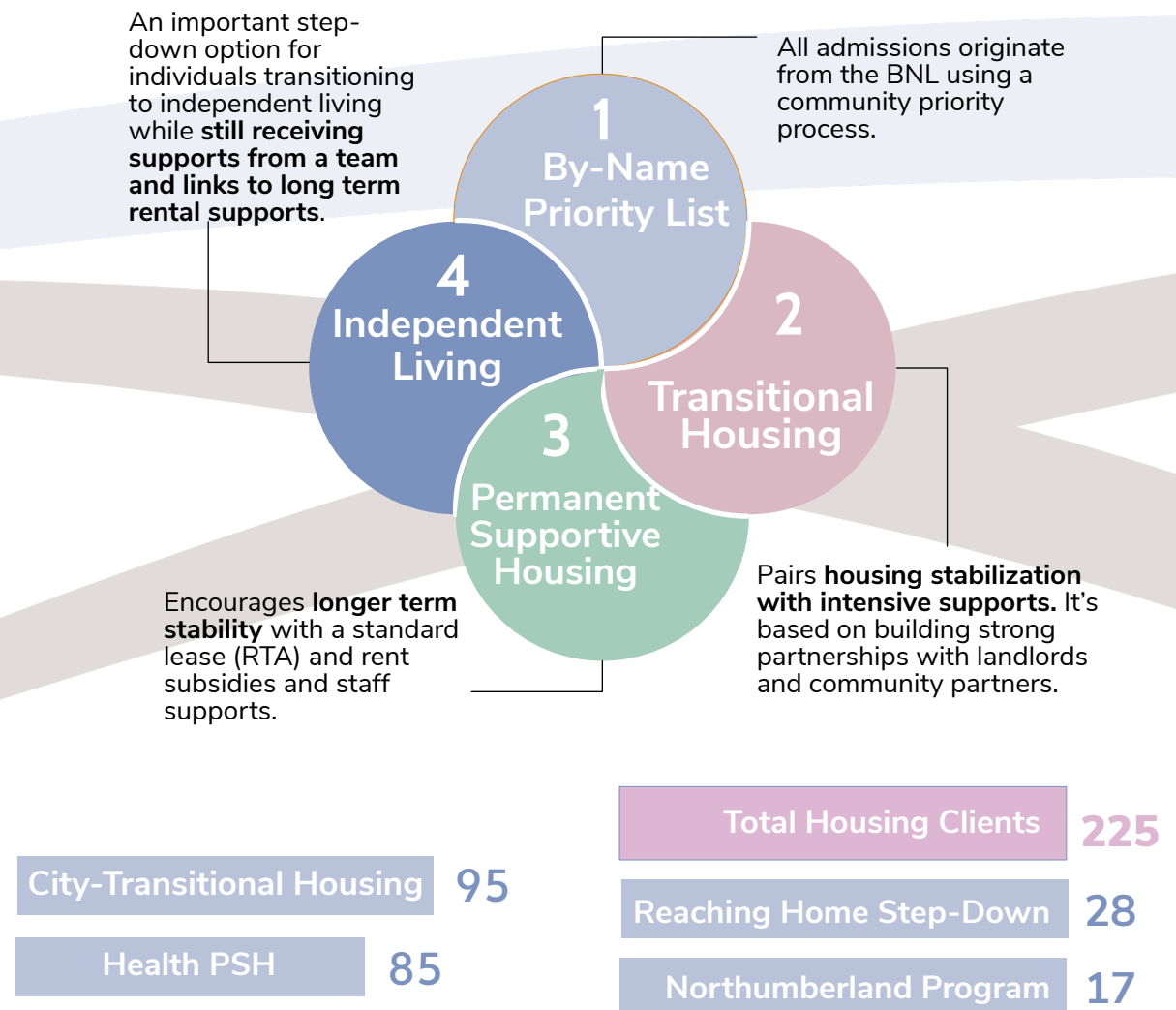
Service Contacts 4,183

# 7 Housing

Fourcast's housing programs continue to partner with the City of Peterborough and Northumberland County to house those who are unhoused. This program has evolved from a program that struggled to secure reliable housing options and worked predominately with people who were unhoused to a housing program with housing destinations. Now, the programs focus on housing stabilization and progressions from homelessness to independent housing.

Fourcast's four-step housing solution follows a deliberate path that prioritizes needs and provides the supports to individuals at different stages along the housing stability journey. It is based on a compilation of federal, provincial and

municipal contributions. This approach has successfully **managed to accommodate and sustain a majority (85%)** of those admitted to Fourcast housing programs over the past five years.





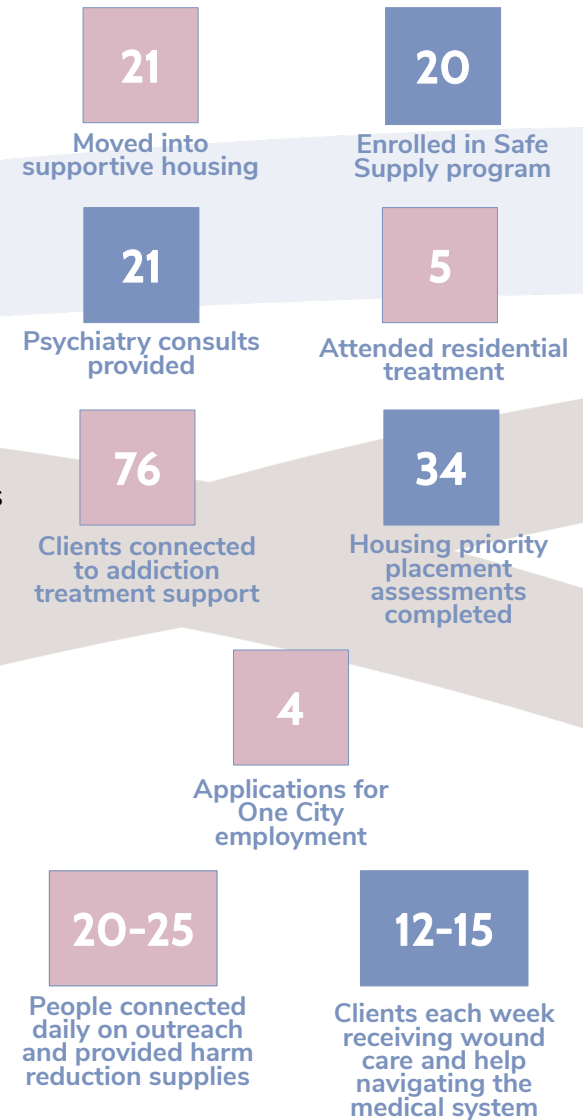


## Mobile Support Overdose Resource Team (MSORT)

The team is funded through a Health Canada grant that was set to expire March 31, 2023, fortunately the funding has been extended for another 12 months!

MSORT intends to reduce overdoses and minimize the risk of harms related to overdose and substance use, especially opioids. The project is designed to enhance community response to the opioid/drug poisoning/overdose crisis. The team includes a Paramedic, Intensive Case Managers and Peers.

One of the greatest functions of this team is to fill and bridge gaps across many service needs of those they serve. A snapshot of this work is evident in their collaborative work with Fourcast housing to support transitions from homelessness to housing as a foundational step in reducing risks of overdose and securing opportunities for safe, affordable and supported housing options.



Data April 1<sup>st</sup>, 2022 -  
March 31<sup>st</sup> 2023



## Consumption and Treatment Services

Consumption and Treatment Services (CTS) is the latest addition to the addiction treatment continuum in Peterborough. Investments in harm reduction are critical to offer support for those most impacted by the toxic drug supply in our community.

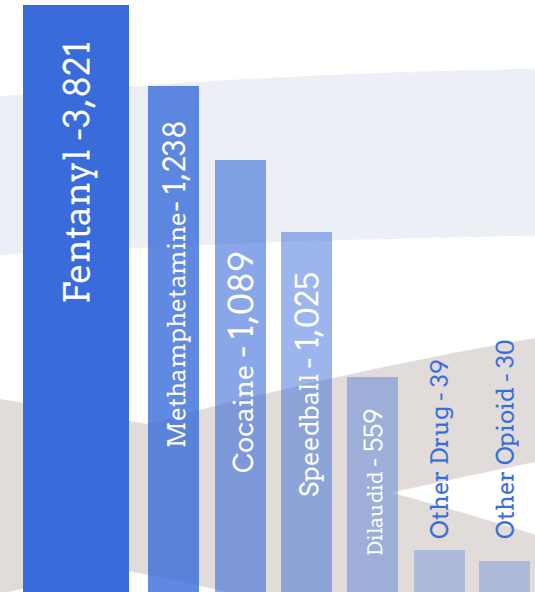
### Overview of 2022-2023

The CTS @ 220 Simcoe Street has had a remarkable first year of operations. This innovative approach has provided a controlled and supervised environment for individuals struggling with a poisoned drug supply, addressed many related public health concerns and has reduced harm related to drug poisonings.

In one year, the CTS has prevented 67 drug-related fatalities. By offering sterile equipment and medical supervision, overdose incidents have been promptly addressed, and service users have been able to recover safely without a hospital visit.

The CTS continues to act as a pathway to addictions treatment, safer supply programs, primary health care and mental health care, income benefits and housing supports.

### Substances Consumed



### Overdoses Prevented

ODs Onsite Total = 67

ODs Requiring O<sub>2</sub> = 48

ODs Requiring Naloxone = 8

ODs Requiring EMS = 6

## Number of Consumptions

Number of visits indicates the number of service interactions where someone comes into the CTS to either consume a drug or to recover from a drug that they have consumed elsewhere. Consumptions represents consumption of drugs on site.

Visits		Consumptions
151	June '22	140
487	July '22	442
944	Aug '22	822
867	Sept '22	776
693	Oct '22	578
770	Nov '22	651
1086	Dec '22	988
1,224	Jan '23	1,090
1,306	Feb '23	1,161
1,250	Mar '23	1,129
<b>8,778</b>	<b>TOTAL</b>	<b>7,777</b>

## Referrals to Services & Supports

The CTS tracks how many unique service users visit 220 Simcoe Street each month. In addition to safe consumption supports, the CTS also offers onsite nursing, opiate case management and MSORT services on site. Staff work to connect service users to onsite supports in real time and when needed, make referrals to other health and social services.

Referral to Services Inside CTS	<b>249</b>
Referral to Addiction Treatment	<b>41</b>
Referral to MH Support	<b>26</b>
Primary Care	<b>43</b>

## Unique Clients & New Clients

Unique Clients		New Clients
42	June '22	42
66	July '22	45
97	Aug '22	48
98	Sept '22	40
93	Oct '22	30
100	Nov '22	21
123	Dec '22	29
113	Jan '23	21
116	Feb '23	22
126	Mar '23	18
<b>974</b>	<b>TOTAL</b>	<b>316</b>

Monthly data compiled by CTS staff between mid-June 2022 through March 2023.



## Strategic Plan

Fourcast enlisted the services of Arising Collective in September, 2022 to develop a strategic plan for the organization's next five years. They undertook a comprehensive analysis of our organization and delivered their report in March, 2023. The following are the key priorities and goals that emerged from that process.

### Priority One

Client-centred programs and services.

#### Goal

Provide addiction treatment interventions for individuals and their families, using a harm-reduction approach, across a continuum of care.

### Priority Two

A well-supported team and organization.

#### Goal

A strong and connected organization with a professional staff team that is supported and valued.

### Priority Three

Collaboration to strengthen system capacity.

#### Goal

Working with partner organizations, community leaders, and all levels of government on common goals to better support the complex and intersecting needs of service users.

# Notes

