Celebrating 40 Years of Changing Lives!

We are excited to announce that this year Harvest House is celebrating its 40th anniversary of serving addicted young men in the Ottawa community! Over the years, Harvest House has consistently provided a safe, sober home to help men work on their recovery, gain important life skills, achieve educational goals, and rebuild relationships with their families and the wider community.

Each year, approximately 50 young men come through our doors and are given the opportunity to turn their lives around. Those that have taken this opportunity have not only gotten sober, but have also gone on to be successful and productive members of society. For example, we have had graduates start their own successful businesses, work up to management positions in the government and private sector, and achieve post-secondary education at both the undergraduate and graduate level. Several of our program graduates have also chosen to remain part of the Harvest House community and serve the men coming to the program, helping provide others with the opportunity that they themselves were given.

Cont’d on page 5...
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IN THIS ISSUE...

CELEBRATING 40 YEARS
Read on page # 1

THE BEST OF 2018
Read on page # 3

CONGRATULATIONS CHRIS AND COREY
Read on page # 4

CELEBRATING 40 YEARS (CONT’D)
Read on page # 5

NEW YEAR, NEW OPPORTUNITIES
Read on page # 6

THE 2019 GREETING CARD CAMPAIGN
Read on page # 7

OUR EVENTS
Read on page # 8

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It’s been another year of incredible successes at Harvest House. Here are some of our proudest accomplishments of 2018:

1. Harvest House graduate and current staff member submitted his PhD dissertation in Criminology.

2. Harvest House staff members, both of whom are graduates of the program, were certified as addiction counsellors.

3. Graduates and residents of Harvest House spent over 200 hours speaking to approximately 4,000 students about the dangers of addiction and substance abuse.

7 residents received their high school equivalency diplomas after participating in Harvest House’s GED program.

These accomplishments would not have been possible without the support of donors like you. Thank you for making 2018 a year to remember!

Daniel Crépault, PhD (ABD) and his wife Charissa, PhD (ABD)
We wanted to share an update about Chris Poulson (left) and Corey Clouthier (right) and their progress as staff members here at Harvest House. For the past several years, Chris and Corey have been working as counsellors-in-training and completing their educational and training requirements to become Canadian Certified Addiction Counsellors. At the end of 2018, both Corey and Chris received their certifications and we are so proud of them!

Harvest House works to provide the men who come to our program with the opportunity to pursue educational and career goals that are meaningful to them. When they give back to the community, mentor junior residents, and work to become counsellors as Chris and Corey have, graduates of the Harvest House program embody the Alcoholics Anonymous principle that “you keep what you have in recovery by giving it away”.

By helping graduates like Chris and Corey attain their addiction counsellor certifications, Harvest House not only provides them with opportunities for a meaningful career, but also gives current residents hope that they too can turn their lives around.

Congratulations to Chris and Corey – our Newly Certified Counsellors!

To read Corey and Chris’s stories, visit www.harvesthouse.org/stories
Over the past 40 years, many changes have taken place both in society and at Harvest House. There have been several major shifts in the drug scene that have brought new challenges. In the mid-1980s, crack-cocaine was introduced to the streets and many people became hopelessly addicted to it. The addictive force of crack-cocaine made treatment more complicated because people were unable to stay sober long enough to engage with their recovery. In the past decade or so, we have witnessed a major rise in the abuse of opiate painkiller drugs, such as OxyContin. These drugs are extremely addictive and potential lethal. In 2010, the introduction of Fentanyl, which is 100 times more potent than heroin or morphine, drastically changed the drug scene and has highlighted the life and death nature of Harvest House’s work.

In Canada, approximately 4,000 people per year die from Fentanyl-related overdoses and these numbers are steadily rising. The changing climate of drug use and the increasing numbers of people dying from drug overdoses has strengthened our commitment to help addicted men escape from the destructive cycle of addiction.

But not all the changes of the past 40 years have been negative. In fact, there have been many positive developments at Harvest House over the years as the program has expanded to offer addicted men more opportunities to succeed. What began as an 8-bed residence has expanded to include a 24-bed main facility and an additional 14 beds in after-care re-entry houses to support graduates and help them continue in their recovery.

To address men’s multiple needs, we have expanded the program to offer things such as anger management courses and have partnered with community organizations to provide emotional integrity sessions and trauma therapy. As we have helped more and more men coming from the criminal justice system to get sober, we have developed a positive relationship with the courts that allows us to work with judges and lawyers to help many offenders access addiction treatment. To help men gain employable skills, we have greatly expanded our skills development program over the years, providing sales training through our fundraising program, creating junior supervisory roles, and starting a woodworking shop. Since most of the men who come to Harvest House never completed high school, we developed an education program to help them attain their high school diploma by providing teaching, tutoring, and support. Since the start of this program, over 100 residents have received their high school diploma. To give back to the community, Harvest House residents began going into schools in the Ottawa area to share with students about their experiences and speak about the impacts of drug addiction. The current program reaches approximately 4,000 students each year.

The most important changes over the years have been in people’s lives, as they have gotten sober, thrived in a supportive community, reconciled relationships, become successful, and supported others through recovery.

The positive changes that have taken place in the lives of so many addicted young men are the reason Harvest House exists.
New Year, New Opportunities

Education is an important part of the Harvest House program. Many of the men who come to Harvest House had difficulty staying in school due to their drug addiction and most never completed high school. Our GED program allows them to work towards and achieve their high school equivalency diploma. Not only does this open up opportunities for them, but it also gives them an important sense of accomplishment. For several residents, it has also led them to pursue post-secondary education.

This month, two Harvest House residents, Mukwoh and Ben, began their post-secondary education at Carleton University. Mukwoh was featured in Harvest House’s summer newsletter and he has continued to do well both in his recovery, leadership at Harvest House, and preparation for university. Ben has been at Harvest House for two years and over time has been entrusted with greater responsibilities, such as supervising other residents and managing Harvest House inventory.

Both Mukwoh and Ben are attending Carleton through the school’s Enriched Support Program. Carleton’s Enriched Support Program helps to bridge students into university studies by providing additional support, mentorship, and a lessened course load. Several Harvest House residents have experienced great success thanks to this program, with some going on to complete graduate degrees.

Mukwoh and Ben will be joining Axel, another Harvest House resident who is currently in his second year at Carleton. Over this school year, Axel has been given the opportunity to be a peer mentor and he continues to succeed in his studies. As these three young men pursue their post-secondary education, Harvest House will continue to support them in any capacity that we can.

*It is thanks to your generosity that we are able to help these men pursue a bright future!*
Announcing the 2019 Greeting Card Campaign!

Harvest House’s greeting card campaign is underway and we have some wonderful new additions to our card selections this year, including images taken by Harvest House staff and donors!

By purchasing a card set, you can support Harvest House and bless your loved ones with beautiful cards that have an extra special meaning.

The 2019 card selection features scenic images from Portugal, Cuba, Iceland, Prince Edward County, and Bruce Island Peninsula, as well as local images from Cumberland and the heart of Ottawa. There are also images showcasing the breath-taking beauty of clouds, images of delicious food from Ottawa restaurants, and a card set of quirky takes on standard greetings. The card campaign runs from January until May.

To purchase your card set today, visit www.harvesthouse.org and click “Shop Online”!

YES! I am interested in supporting Harvest House through easy Monthly Giving!

Your participation in our Monthly Giving Program will have a substantial impact on our program.

I wish to pledge $ _________ per month beginning in the month of ___________(all debits occur on the 15th of the month)

Mailing Address for Tax Receipt:

*If any of your information has changed please update that information here.

Name: ____________________________________________
Address: ____________________________________________
Postal Code ________ Phone # __________

I authorize Harvest House Ministries to debit my:

☐ Bank Account (enclose void cheque)
☐ Visa ☐ Mastercard ☐ Amex

Credit Card No. ______________________ Expiry: ________

Signature: __________________________ Date: __________

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Upcoming Event: 11th Annual Redemption Run!

Join us for the 11th Annual Harvest House Redemption Run on June 8, 2019! At this event, runners from the Ottawa community come to Harvest House and join residents in a 5k, 11k, or 21k chip-timed race through the greenbelt of Ottawa South. After the race, runners and their supporters share a delicious pancake breakfast. All proceeds from the event go directly to support the men of Harvest House. We look forward to seeing you!

Register at www.harvesthouse.org

YES!  
I want to make a difference in my community!  
Your investment goes a long way towards saving lives!

☐ $30  ☐ $50  ☐ $75  ☐ $100  ☐ $250

☐ I prefer to contribute $ __________________________
☐ Cheque/Money Order
☐ Visa ☐ Mastercard ☐ Amex

Credit Card No. __________________________
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☐ I have made a gift to Harvest House in my will.
☐ I would like more information about making a gift to Harvest House in my will.

Please make your cheque payable to Harvest House Ministries and enclose this card to ensure delivery of your tax receipt for donations of $10 or more. Charitable Reg No. 132517269RR0001