



the HARVESTER

A Harvest House Newsletter | Edition 1 | Spring 2018

FROM CHAOS TO RECOVERY

"Chaos, ridiculous chaos" is how Corey describes his life before coming to Harvest House. At the age of 33, Corey's drug use was severe and impacting all areas of his life. Before beginning his recovery journey at Harvest House, he was significantly underweight, regularly injecting opiates and fentanyl, going in and out of jail, and had overdosed more than once. The desperation of his situation was not lost on his loved ones. Corey recounts that his mother was afraid for his life and constantly worried that she would get a phone call saying he was dead.

Corey came to Harvest House reluctantly. His aunt was a regular donor to Harvest House and she and Corey's mother urged him to get the help he desperately needed. Corey had tried short-term recovery programs previously, but looking back on it says "short-term programs did not work for [him]". Reflecting on his initial reluctance to attend the Harvest House program, Corey states that the one-year commitment felt overwhelming. That was in 2013. Four years later, Corey remains committed to his recovery and to the Harvest House community as he passes on what he has learned to incoming residents.

His journey over the past four years, however, has not been without its share of difficulties. He says that he came here knowing things needed to change, but that he "bit, fought, and scratched the whole way through". Looking back on the times when things got rough and he wanted to give up, he now refers to himself as "one of the lucky ones who stayed". Explaining his progress over the past four years, Corey states that his way of thinking has been what has changed the most: "I think differently now than I did then ... I try to take into account the consequences of my actions". He also says that he is increasingly able to trust that God is in control and will work things out.

As Corey has worked on his recovery, he has also been able to contribute in important ways to the Harvest House community. Corey is now a counsellor-in-training



and anger management facilitator – roles that enable him to encourage, guide, and support other men in their recovery journey. One of his goals is to attain his certification as an alcohol and drug counsellor through the Canadian Addiction Counsellors Certification Federation. He is already working through the courses and counselling hours required for this certification. Corey is also working to rebuild a relationship with his two young daughters and hopes to become a good role model for them as he progresses in his recovery and career.

Four years into recovery, Corey has come to be regarded as a dependable and hard-working member of the Harvest House community. He recognizes that this is something he has had to build over time because "you don't just fall into it". He also finds fulfillment and purpose through his work and states that he has gotten to the point where he doesn't like not being at Harvest House. Reflecting on the recovery journey, Corey expresses that the success he has attained is certainly possible for others: "If a guy like me, who came here 30-40lbs underweight, shooting needles every day, can come here and get sober, any one of these guys can."

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The Harvester is published by:

Harvest House Ministries

3435 Ramsayville Road

Ottawa, ON K1G 3N2

Tel: 613-521-9114

www.harvesthouse.org

IN THIS ISSUE

FROM CHAOS TO RECOVERY

Page 1

THE VALUES, INFLUENCES, AND PEERS PROGRAM

Page 3

JUDGE'S REPORT

Page 4

A YEAR IN REVIEW

Page 5

GRADUATE ACHIEVES HIS GOAL OF BECOMING A BLACK BELT

Page 6

MARK YOUR CALENDARS!

Page 7

THANKS FOR ALL YOU DO!

Page 8

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The Mission of Harvest House Ministries is to rehabilitate young men who are chemically dependent, to instill in them self-discipline, and to reintegrate them into society by an inner change brought about by faith in Jesus Christ.

The Values, Influences, and Peers Program



For over 30 years, our residents and graduates have been sharing their personal experiences of addiction with students in classrooms throughout the Ottawa-Carleton region. Here is some of the feedback we've received:

WHAT WE DID TO MAKE A DIFFERENCE IN 2017:



We had
30 RESIDENTS
speak and share
their stories



We visited
56 SCHOOLS
in the Ottawa area



We spoke to and
touched the lives of
1561 STUDENTS



We spoke to
students ages
13 - 19



We spent
150 HOURS
talking about the
struggles of addiction



*If you would like to book a VIP please call:
613-521-9114*

*"It is extremely valuable.
It allows conversations to begin more
organically and makes students realize
seeking help is not a sign of weakness."*

- TEACHER

*"Although most students claim they know
the dangers of drugs and addiction, your
personal pasts gave us a real example.
You taught me that addiction doesn't
discriminate and that those who are
affected can beat their problems."*

- STUDENT

Judge's Report

PRAISES HARVEST HOUSE



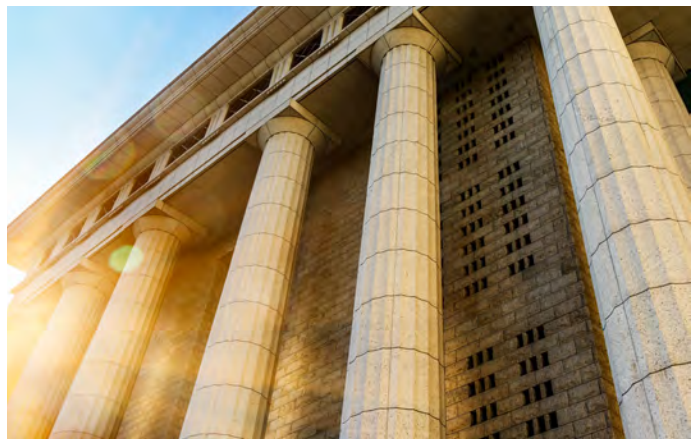
One of the things that makes Harvest House unique is that we accept men on conditional release from the criminal justice system. During the fall of 2016, The Honourable Raymond Wyant, former Chief Justice of the Provincial Court of Manitoba, requested to visit Harvest House to learn more about the work we do. Judge Wyant was conducting a report for the Ontario Ministry of the Attorney General on the state of bail in Ontario and he wanted to learn more about Harvest House's work with men who are charged with criminal offenses. During his visit, we had the opportunity to show him around and answer his questions about the Harvest House program. Below we have re-printed the section of Judge Wyant's report where he speaks specifically about Harvest House. To see the full report, please visit the *Publications and Reports* section of the Ontario Minister of the Attorney General's website.

“Apart from the bail process, many organizations provide support but many do not do so in the bail context. It is important to recognize the great work that they do. Harvest House in Ottawa, for example, provides intensive support for those with addictions. Their record of service is impressive. They have turned around the lives of so many people... many who would otherwise have perished or languished in our jails and court system. The minimum stay is a year but many stay much longer and the list of successful graduates is impressive. Many have gone on to lives of sobriety and have firmly established themselves in the community. It's a great investment of time and money (they rely on public donations and fundraising) but the rewards for individuals and for society are priceless. Programs such as this clearly demonstrate that every life has value and that, with the proper supports at the appropriate time, many can be diverted from a life of misery and crime. As a society, we should all support these efforts.

“If we offer proper support to those in need, we can indeed change lives.”

What do these types of programs tell us? They tell us that if we offer proper support to those in need, we can indeed change lives. Not every life will be changed and sometimes it is a “two step forward, one step back” process in rehabilitation. We must be prepared for failure along the road to success. For that, we need flexibility in our court system. As one person told me, it's the difference between opportunity versus inevitability.

Translating the success these therapeutic programs have to the bail arena, we need to provide more funding and more support to those organizations that can provide needed service and, in doing so, manage the risk of accused in the community where appropriate. Over the years we have, sadly, seen the death and dearth of such supports in the bail context. These types of programs need government support and they need support from the non-profit and private sector. These types of partnerships are key. There is an old Fram Oil Filter Ad that told us we can “pay now or pay later”. The same applies here. In actual fact, it costs less to keep someone in the community even where under an intensive program than it does to keep them warehoused in jail.



Wyant, R.E. (2016). *Bail and Remand in Ontario*.
Toronto: Ontario Minister of the Attorney General.
Available at: <<http://www.attorneygeneral.jus.gov.on.ca/english/about/pubs/wyant/index.html>>.

A YEAR IN REVIEW

2017



97 MEN
were welcomed
into treatment

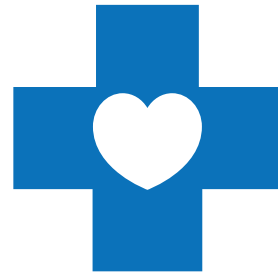
28

is the average
age of residents



106,215

delicious meals served

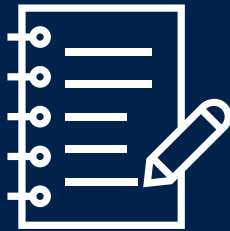


22

residents
in aftercare

156

classes taught on
Recovery Education
& Relapse prevention



21 RESIDENTS

studied in our GED
education program



14

graduates from the
one year program

24.8%

success rate for the
one year program



312 HOURS

spent in Personal Development large groups

Graduate Achieves His Goal

OF BECOMING A BLACK BELT

When Mike came to Harvest House he was a drug addict and an alcoholic who often drank to the point of blacking out. His childhood had been a particularly difficult one. His father has struggled with a lifelong addiction to drugs and alcohol which caused him to drift in and out of Mike's life. At school Mike had behavioural problems and also struggled with a learning disability that made it difficult for him to read and write. Eventually he dropped out of school and like so many others he turned to drugs like marijuana and alcohol to cope. After years of being caught in the destructive cycle of addiction, Mike got sober at Harvest House and committed himself to turning his life around.

On June 19, 2018 Mike will celebrate 11 years of sobriety. But what is even more impressive and inspiring about Mike's story is how he has surpassed what anyone would have believed possible for someone with his learning disabilities. Today, at 42 years old, Mike is dedicated to learning. He has become a skilled photographer and, over the last several years, a martial artist. On January 20, 2018 Mike received his black belt in Japanese Jiu-Jitsu.



Find out how you can help inspire more men like Mike, to achieve their goals.

Visit us at:

www.harvesthouse.org/ways-to-give



This is a goal that he has been working faithfully towards for the past 5 years. In addition, Mike also holds a blue belt in Brazilian Jiu-Jitsu and is a bronze-level kickboxer. Mike's story is proof that setting and achieving goals is one of the secrets of a successful recovery from addiction.

At Harvest House, there are numerous success stories of people who overcame their struggles and went on to lead productive lives, yet Mike's may well be the most inspirational of all. His past was characterized by deprivation, neglect, disability, and addiction. Today Mike is sober, accomplished, successful, and continues to actively give back to the Ottawa community. This is nothing short of miraculous.

Mark your Calendars!

WE HOPE TO SEE YOU AT OUR 2018 EVENTS



REDEMPTION RUN

JUNE 9, 2018

For more information and to register, visit:
www.harvesthouse.org/event/annual-redemption-run



JILL FERNE GOLF TOURNAMENT

JULY 6, 2018

For more information and to register, visit:
www.harvesthouse.org/event/jill-ferne-golf-tournament



RECOVERY CUP SOFTBALL TOURNAMENT

AUGUST 25, 2018

Enjoying a day of softball together, Harvest House residents and first responders get the chance to see one another in a new light!

For more information, visit:
www.harvesthouse.org/event/recovery-cup-softball-tournament

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 # _____

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

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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NWE4 2018

THANKS FOR ALL **YOU** DO!



DONATE TODAY

It's easy to make a donation to Harvest House! Fill out the form below, or visit us online at www.harvesthouse.org/ways-to-give for more options!

HERE'S A LIST OF WHAT YOU HAVE HELPED US ACHIEVE IN 2017:

- You blessed our house with courage, strength, and hope that there is the possibility of a life beyond drugs and alcohol
- You helped renew relationships and restore families that were broken due to the disease of addiction
- You saw the need to further education by supporting our GED program, which led residents to a post-secondary education
- You participated in 3 successful fundraising events during the summer
- You gave support to nearly 100 young men who received counselling, education, and a chance at a new life
- You helped bring a message of hope and recovery from addiction to the community

YES!

I want to make a difference in my community!

Your investment goes a long way towards saving lives!

☐ \$30 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250

Mailing Address for Tax Receipt:

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

Name: _____

Address: _____

Postal Code _____ Phone # _____

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**

☐ I prefer to contribute \$ _____

☐ Cheque/Money Order

☐ Visa ☐ Mastercard ☐ Amex

Credit Card No. _____

Expiry _____

Signature _____

☐ 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.

NWE4 2018