# EMPOWERED & UPLIFTED

## SOPHIA RECOVERY CENTRE COMMUNITY IMPACT 2023

Sophia Recovery Centre provides a safe, welcoming space for women to overcome addiction through participation in programs that meet the unique needs of women in recovery. Our model of care layers highly accessible peer support with evidence-based structured group programs, and social/wellness activities. These services truly meet women where they are, empowering and uplifting them to improve their health and wellness, live a self-directed life and reach their full potential.

### AS THE NEED GROWS SO DO WE

Sophia Recovery Centre provides community-based services catering to women with substance use health needs. With a proven model of care, SRC has expanded to three centers, serving over 400 women and providing 6000 support services in 2023.

**464** Number of women served

**6,000** Support services provided

**90%** Achieve substance use goals

### VOICES PROGRAM

Supports high school girls grappling with exposure to substances, gender-based violence and trauma

Focuses on learning about healthy coping, strength-based skill building, and strategies for resilience.

**Girls supported** **23**

### 3 CENTRES

**SAINT JOHN**

**CHARLOTTE COUNTY**

**KENNEBECASIS VALLEY**

At Sophia we connect with women on their terms, through a variety of support programs. Our core services include: one-on-one peer mentoring, group workshops and social/wellness activities.

SOPHIA RECOVERY CENTRE

SophiaRecoveryCentre.com

## SOCIAL RETURN ON INVESTMENT

A formal social return on investment analysis of SRC programs was conducted in 2017 by SiMPACT. Incorporating established financial proxies for expected SRC outcomes, this study found that $6.03 of value is created per program dollar invested at Sophia Recovery Centre. For the 2023/24 fiscal year, an **annual social and economic return of close to $5 million** is a reasonable estimate and expectation.

## MAINTAINING RECOVERY

SRC programs are open-ended, a commitment that is aligned with an evidence-based understanding of the spectrum of substance use and a common pattern of recurrence. Open-ended programs help to prevent this cyclical pattern, ensuring women maintain their recovery via the support of a healing community.

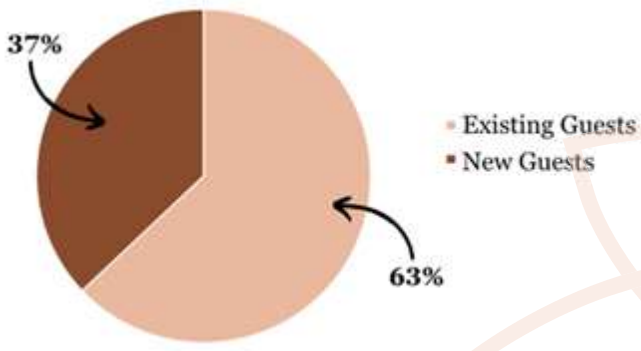
## PEER MENTORING FOR FAMILIES & SIGNIFICANT OTHERS

This program keeps family members connected to a support system as they build an understanding of addiction and develop ways to support their loved one. Based on the highly regarded CRAFT approach (Community Reinforcement and Family Training).

## HEALING FAMILIES

“Mother and daughter, Joanne and Sue*, reached out to Sophia as they struggled to support their daughter/sister, Theresa* living with substance use disorder. Through the CRAFT program, Joanne learned to set boundaries with Theresa, and Sue was coached on being more compassionate towards her sister's addiction. Both learned openness in place of negativity as a way to maintain their relationship with Theresa. Eventually, Theresa joined her mom and sister at Sophia. That connection led to Theresa accessing a detox program and she continues to participate in Sophia programs.”

*Names have been changed to respect privacy and confidentiality




**Open-ended programs provide ongoing support for women**