

# SOPHIA RECOVERY CENTRE

## MID-YEAR COMMUNITY IMPACT REPORT

In our mid-year Impact Report we're celebrating the meaningful ways Sophia Recovery Centre is making a difference for women and families in St. Stephen, Saint John, Sussex, and all the communities in between. This community impact represents our collective achievements: the courage and determination of our Sophia guests, the expertise and compassion of our staff, the commitment of our volunteers, and the generosity of so many.

### OUR NEW SAINT JOHN CENTRE!

In May we opened our new Saint John Centre! Our larger home enables us to support more women.

- Additional private meeting rooms allow for more one-on-one and enhanced-privacy appointments.
- Larger gathering spaces accommodate the variety of programs we offer.

**250**

Number of women served

**2511**

Support services provided

**732**

1-on-1 support appointments

NEW PROGRAM



### SMART RECOVERY GROUP

Self Management & Recovery Training is an evidence-informed approach to overcoming addictive behaviors and leading a balanced life. It emphasizes self-empowerment for women in recovery. We launched the program in Saint John in February and St. George in March. Each week 10-15 women attend the SJ meeting and 7-8 women participate in St. George for a total of 168 attendances.

**Women supported**

**37**

### 3 CENTRES

SAINT JOHN

CHARLOTTE COUNTY

KENNEBECASIS VALLEY

No other provider in our region offers holistic, free of charge, gender-specific, continuing care for women, layering highly accessible peer support with professional therapies and evidence-based recovery programming.



**SOPHIA**  
RECOVERY CENTRE

## WHAT IS SUBSTANCE USE HEALTH?

Just like mental health, or any other kind of physical health, substance use health exists on a spectrum. This understanding of substance use recognizes that most adults use substances in varying amounts at different times in their lives. What matters is whether they are using them in healthy ways. Our primary objective is to foster improved substance use health for the women accessing our services.

This concept reduces stigma associated with substance use and represents our scope of work, including programs for youth, family members and "sober curious" women.

All our services and activities are offered at each of our locations, free of charge, thanks to the generosity of our funding partners and donors.

## A STORY OF HEALING

*Healing is a journey. At Sophia we connect with women on their terms, through a variety of support programs.*

"I emailed Sophia from the Montreal airport. I had found myself there, not knowing how I got there or even where I was. I realized I was supposed to have flown home to Saint John that day and missed my flight. Then, I remembered that the night before, I had used cocaine and speed in an attempt to write a grant before having to travel home. I had lost my bag, but luckily not my passport...

When I arrived at Sophia, I was received with the most compassion and love. I told Mary and Sam that I had been using for the past 15 years, that I was a PhD student, and that I needed drugs to be productive and better at school, to get things done faster, and to feel confident..."

[Read the full story](#)

## Substance Use Health Continuum

### NON-USE

Avoiding use of substances (abstinence)

#### Example

No drugs, alcohol or tobacco.

### BENEFICIAL USE

Can have positive health, social, or spiritual effects

#### Example

Taking medication as prescribed. Ceremonial/religious use of tobacco (eg. smudging).

### LOWER-RISK USE

Has minimal impact to a person, their family, friends and others

#### Example

Drinking or cannabis use following low-risk usage guidelines.

### HIGHER-RISK USE

Has a harmful and negative impact to a person, their family, friends and others

#### Example

Use of illegal drugs, impaired driving, binge drinking, combining multiple substances, increasing frequency, increasing quantity.

### ADDICTION

Involves compulsive and continuous use, despite negative impacts

#### Example

When someone cannot stop using drugs, alcohol or tobacco, even if they want to.

A person may move back-and-forth between the stages over time.