

### **RISING HIGHER:** A NEW FACILITY FOR RISING ABOVE





Rising Above acknowledges Treaty 8 territory—the traditional and ancestral territory of the Cree and Dene. We acknowledge that this territory is home to the Métis Settlements and the Métis Nation of Alberta, Regions I, 4, 5 and 6 within the historical Northwest Métis Homeland. We acknowledge the many First Nations, Métis and Inuit

who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. Rising Above makes this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.



Rising Above is committed to working with members of Indigenous communities. The organization prioritizes continuous educational efforts to learn about the effects of colonialism and strives to meet individuals through a lens of understanding and compassion. We understand reconciliation isn't a one-time event, but something that must be incorporated into our everyday lives. This is our hope to help heal the wounds of past atrocities that have taken place in our country and across the world.

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### EXECUTIVE SUMMARY

Rising Above was founded in 2007 with a mandate to "help people break cycles of defeat". Through a variety of programs, Rising Above reaches people from all walks of life that are struggling with self-defeating behaviors. Our primary program is a 6-month residential addiction treatment program.

In 2022 we had 417 individuals apply for entrance into our residential treatment program. However, we were only able to admit 102 participants into the program, primarily due to bed capacity.

Over the last few years, we have been able to allocate a portion of our revenues to a capital building fund and we are now in a position to embark on a major capital project that will accomplish three things for this ministry:

**1.** We can increase our bed capacity by 30%.

Currently, we have 19 beds for men and 17 beds for women. Our new building proposal will increase that to 28 beds for men and 19 beds for women.

2. We can bring our ladies' housing onto the same campus that serves our men.

Our ladies often feel they don't get the same level of care as the men because of the remote location of the housing. This new building will allow access to the daily support that they need.

**3.** This proposed building will set us up for future expansion to provide food services for the participants. Currently participants are required to purchase their food and prepare their own meals. Having meals provided to participants would allow them to have greater focus on their recovery and allow participants to learn valuable cooking skills by qualified staff.

We believe the time is right to take this bold step of expansion. We invite you to continue reading to learn more about Rising Above as an organization, the program we offer, and the opportunity to be partner in this new venture.



Mel Siggelkow. Eb

### MISSION

Committed to breaking cycles of defeat by providing H.E.L.P.S.

### VISION

To be the recovery centre of choice in the north.

### VALUES

We offer hope to people who have lost hope.

## **Guiding Principles**

**1. God has a unique and special purpose for each participant in Rising Above.** Participants entering the program recognize the need for significant change in their life patterns. Though this may not be clear in their behaviour, we will lead and support them to make these changes.

# 2. Addictions are an attempt to manage pain and not the source of a person's pain. Although addictions can cause a person's life to unravel and become unmanageable, we do not see this as their main issue. Rising Above staff will come alongside the participants and help them address the core issues that have led to addictions and self-destructive behaviour patterns.

**3. Emotional development should not be expected to match biological age.** We will need to learn where our participants are at emotionally and begin to work with them at emotionally "age-appropriate" levels.

**4. Our participants are spiritually sensitive yet may have rejected God** because of some past hurt by the church or feelings of abandonment by God. Our role is to come alongside them and help remove the barriers, so they can encounter God and embrace His grace.

**5. Our participants will have manipulative tendencies.** Therefore, we will anticipate manipulative attempts as a default behaviour and not as an attempt to undermine our authority. The recognition of manipulative behaviours will be an opportunity to lead them to more appropriate behaviour models.

**6.** Having to evict somebody from the program does not imply the program failed. At the same time, graduation does not presume that the participant needs no further supports.

**7. We will not do for our participants what they can do for themselves.** Our role is to encourage independence. This helps them grow and retain dignity.

**8.** Policies are intended to protect the staff, participants, and the program. These structures keep us from enabling destructive patterns and avoid a codependent relationship between staff and participants.

**9. We view Rising Above as a community, and our participants as people of worth.** We can learn from them as they learn from us.

# WHO WE ARE

#### **89%** OF PARTICIPANTS STATED THEY ARE BETTER ABLE TO TAKE CARE OF THEMSELVES SINCE ATTENDING THE PROGRAM

### "Not why the addiction, but why the pain."

GABOR MATÉ

Rising Above is a registered Canadian charity located in Grande Prairie, Alberta. Since 2007, Rising Above has supported individuals who are struggling in a cycle of defeat which has primarily included addiction, homelessness, and incarceration through the 6month residential treatment program based on the H.E.L.P.S model. The program is intended to be a place where individuals can work on their recovery in a safe and sober setting while learning important skills to help them become self-sufficient members of society. One of the key areas of focus within the program is the Inner Healing support we offer which addresses the pain and trauma which destructive behaviors are often trying to mask.

After the program, individuals may have an opportunity to continue safe and sober living by becoming a resident in Rising Above's second stage apartment complex - Hope Haven.



# THEN AND NOW



#### "This program healed me in areas I didn't even know needed healing."

ANONYMOUS

Founded in 2007 by Mel Siggelkow, a Grande Prairie resident and former pastor of North Country Community Church, Rising Above has rapidly become an integral part of the Grande Prairie community. Since its founding, this organization has invited more than 1000 community members to take part directly in its residential program. Other offerings, including publicly available life-skills classes; community-wide lectures on topics such as understanding addiction, anger management and self-esteem; non-residential programs and employment-readiness training and outreach programs have supported countless more.

For its first five years, Rising Above was fully funded by the Provincial Government through its Housing First campaign. This campaign is founded on the economic argument that providing housing for a chronically homeless person is less expensive than providing medical, legal and other expenses for that same person. While Rising Above focused its efforts on aiding the chronically homeless or those at risk of becoming chronically homeless, Rising Above was able to partner with the provincial government.



Because its clients had to meet a strict definition of being chronically homeless, many people who could have benefitted from the offerings of Rising Above were not eligible for participation in Rising Above. Rather than meeting and helping individuals where they were, perhaps before they hit rock bottom and became chronically homeless, Rising Above could only serve those referred through the Housing First criteria.

A wise woman once said, "If you give a man a fish he is hungry again in an hour; if you teach him to catch a fish you do him a good turn."



Rising Above believes in solving the root causes of cycles of defeat, not just providing with basic necessities. This someone approach means that Rising Above has a notolerance policy for drug or alcohol use in its housing facilities. A participant caught using drugs or alcohol is immediately escorted from the premises, so as to ensure a healthy all other participants. environment for Second, third and even fourth chances are offered to the former participant to reapply to Rising Above's housing program after a length time certain of has passed. Unfortunately, Rising Above's dedication to its promises of a healthy environment for all of its participants led to the Housing First funding being pulled in 2012.

For a time, there was a concern as to whether Rising Above would be able to continue its service to the community, but it persevered. Staff had to be cut, and residences had to be altered or removed entirely, but with the full support of the Grande Prairie community - including the members of the government agencies who were required to cut Rising Above's funding in the first place - Rising Above turned a potential hardship into an opportunity. Now free of the restrictions regarding who could or could not be admitted into the program, Rising Above was able to increase and improve its program offerings. This meant that Rising Above was able to help people from all walks of life, without worrying about whether they met the government's Housing First criteria.

 Image: Second stage

 Image: Second stage

### TOTAL: 51

There are 19 program beds available for men at Rising Above's Park Campus facility with single and double occupancy.

There are 4 residential homes for women with 17 program beds available. The homes are within walking distance of the facility and promotes communal living.

Hope Haven has capacity to accommodate 15 individuals, and promotes bringing together families after the program.



speaking in Fort St John <u>2023</u> In 2017, the City of Grande Prairie leased the former Young Offender's Centre to Rising Above for \$1/year on a 15-year lease of which Rising Above contributed over \$300,000 in renovations to tailor the space to fit our needs. Today, Rising Above has expanded its capacity to serve up to 36 individuals in the program as well as 15 individuals in the second-stage apartment complex, Hope Haven, which was purchased in 2020. The second stage apartment provides continued safe and sober living for participants who have completed the program. Residents are able to stay up to 18 months post-program.

In 2019, the Alberta Government required all treatment and recovery facilities to be licensed under the Mental Health Services Protection Act. Rising Above began implementing processes and structures to be compliant to MHSPA and became licensed on November 1st, 2019.

In 2021, Rising Above spent months developing policies and procedures in an effort to become accredited through the Canadian Accreditation Council.

Over the past few years, Rising Above has more known in Alberta with become applications pouring in from every corner of the province including reserves, correctional institutions, detox centres, and shelters. In 2022, we partnered with Peerless Trout First Nation and earmarked bed spaces for individuals within their nation to receive help on an as-needed basis as well as providing support to their community which is facing the highest suicide and overdose rates in its history. During our 2023 Hope Lives Banquet, Chief Gilbert Ökemow of Peerless Trout spoke about the partnership and the dire need faced by residents of his nation.

In the same year, an organization in Fort St. John approached Rising Above with an interest in reopening under the Rising Above name. As early as summer 2023, a Rising Above facility will open in Fort St. John to provide recovery services to those struggling in the Northwest Peace.

A board of directors has been established and the search for an executive director continues. All across the Peace Country and the province, the need for recovery grows and Rising Above intends to help fill that need to the best of our abilities.

# 6-MONTH Recovery Program



"I am not all the lies others have claimed over me and I am not the lies I have believed about myself. I can forgive myself and others for the pain that was caused."

### OBJECTIVES

BARB

#### **INCREASED RESILIENCE**

Individuals will gain tools and new skills to be self-sufficient members of society no longer needing to use substances to cope with life.

#### **COMMUNITY SUPPORT**

Individuals will have recovery supports in place to provide aid and encouragement as they continue in their sobriety journey.

#### **IMPROVED SELF-ESTEEM**

Individuals will have a better understanding of who they are and will be able to see themselves as people of worth and value.

#### **RESTORED RELATIONS**

Individuals can mend family and friend relationships and work toward accessing their children if they have been apprehended.

### **PROGRAM PHASE MODEL**

| Inner Healing Support & Access to Recovery Community   |   |  |   |  |   |
|--|---|--|---|--|---|
| Case Management Support  |   |  |   | Second Stage Opportunity   |   |
| Phase 1<br>Orientation<br>(1st week)   | Phase 2<br>Foundations<br>(Month 1)   | Phase 3<br>Growth<br>(Month 2-4)   | Phase 4<br>Exit Planning<br>(Month 5-6)   | Phase 5<br>Contributor<br>(Month 7-9)  | Phase 6<br>Thriving<br>(continuation)   |
| <ul> <li>Focus:</li> <li>Settling into program</li> <li>Getting funding in place</li> <li>Embracing sobriety as a lifestyle</li> </ul> | <ul> <li>Focus:</li> <li>Involved in recovery groups</li> <li>Life skills development</li> <li>Establishing new goals and priorities</li> </ul> | <ul> <li>Focus:</li> <li>Have mentor<br/>or sponsor in<br/>place</li> <li>Pursue job</li> <li>Goal-oriented<br/>action</li> <li>apply for 2nd<br/>stage housing</li> </ul> | <ul> <li>Focus:</li> <li>Securing<br/>employment</li> <li>Addressing<br/>fears of<br/>independance</li> </ul> | <ul> <li>Focus:</li> <li>Housing and<br/>employment<br/>secured</li> <li>Working on<br/>healthy<br/>relationships</li> <li>Pursuing<br/>purpose</li> </ul> | <ul> <li>Focus:</li> <li>Maintaining<br/>housing and<br/>employment</li> <li>Staying<br/>connected<br/>with supports</li> <li>Strengthen<br/>relationships</li> </ul> |

### THE PERSON-CENTERED APPROACH

Rising Above meets individuals where they are at and assists them in getting to where they want to be. A person-led approach is where the person is supported to lead their own care and treated as a person first. The focus is on the person and what they can do, not their addiction. Support focuses on achieving the person's aspirations and is tailored to their needs and unique circumstances.

GOAL SETTING ACCESS TO CHILDREN Advocacy from Staff Mental and Medical aid FOOD SECURITY Trauma Therapy SIN CARD DEBT CONTROL FINANCIAL AID BANK ACCOUNT & ID Recovery Community Employment Training SAFE HOUSING NFE SKILLS DEVELOPMENT 12-STEP PROGRAM

Core Values of PCA

individuality, independence, privacy, partnership, choice, dignity, respect and rights.



When individuals are given the chance to change the trajectory of their own lives in a supportive, inclusive, and encouraging environment, they gain the confidence to face life's challenges head-on while using the skills and tools learned in the program. As resiliency and the ability to cope strengthens, the problems faced pre-program don't seem as overwhelming as they once did and new problems become easier to navigate.

# COMMUNITY Integration



Rising Above operates within our scope of knowledge and ability. When participants require additional support outside our scope, we refer them to agencies and organizations within the community who are already experts in various fields. This prevents service duplication and teaches participants how to navigate community resources and gain knowledge on what support is available to them.



**Ballad Group R Work Group GP Council for Lifelong Learning Northwestern Polytechnic EmployAbilities Native Counselling Friendship Centre Aberdeen Centre Alberta Health Services** John Howard Society **Seniors Centre Alliance Church Pantry** Salvation Army **Pregnancy Care Centre Resource Centre for Suicide Prevention** I.D. Program **Narcotics Anonymous Alcoholics Anonymous Cocaine Anonymous Crystal Meth Anonymous Celebrate Recovery** Western Cree Tribal Council **Metis Association Bible Studies and Life Groups** 

# EVIDENCE Of NEED



#### "Rising Above feels like home now, and I haven't had a place to call home in years. It feels really nice."

DANNY

### DRUG POISONING

#### More than 1,600 Albertans died due to drug poisoning in 2022

The Edmonton Journal released a news article based on government data that revealed overdose-related deaths in 2022. Of the 1,630 deaths, 442 were female and 1,188 were male and deaths were most frequent in those aged between 35 and 39 years old.

Fentanyl, methamphetamine and carfentanil were the three most common substances involved in acute accidental drug poisonings, followed by cocaine and alcohol.

"Our government will continue to improve access to addiction treatment and recovery supports by building recovery-oriented systems of care to save more lives and drive deaths down further." - Colin Aitchison, spokesman for the Mental Health and Addiction Ministry in Alberta.

The following data is from the Alberta Substance Use Surveillance System:

- Alberta Health Services' North Zone had 120 drug poisoning deaths in 2022. 45 of these deaths happened in Grande Prairie.
- Grande Prairie EMS responded 134 times in 2022 to opioid-related calls.
- AHS North Zone has the highest rate of emergency room visits and/or hospitalizations due to substance use. In 2022, there were 10,162 instances of emergency room visits and/or hospitalizations due to substance use; an average of 28 per day.





Source: Alberta Substance Use Surveillence System • Updated March 30, 2023

### HOMELESSNESS

In a study of homelessness across Canada, addiction or substance use was the most commonly cited reason for housing loss. More than a quarter (25.1%) of survey respondents indicated that addiction or substance use was a reason for their most recent housing loss. Further, the proportion of individuals who reported addiction or substance use increased with time spent homeless, from 19.0% at 0-2 months to 28.2% for those who reported over 6 months of homelessness in the previous year. Rising Above's programs can assist in preventing homelessness and removing a significant barrier for homeless individuals to obtain housing by helping individuals overcome their addictions.

### POINT IN TIME COUNT

The data from the 2022 Point in Time Count revealed that there are currently 328 street-involved individuals in Grande Prairie. This is a 44% increase over the 228 people counted in 2018. Compared to Edmonton and Calgary's homeless populations, Grande Prairie's numbers are a fraction, but based on per capita calculations, Grande Prairie is almost double Edmonton's homeless population and triple that of Calgary's based on 10,000 people.

Edmonton and Calgary have a combined total of 26 treatment facilities within city limits whereas Grande Prairie has 2 - Northern Addiction Centre and Rising Above. Due to the remoteness of northern Alberta and limited supports, NAC and Rising Above serve all of Northern Alberta.

#### DEMAND OUTPACES CAPACITY

In 2022, Rising Above received 417 applications to the program of which 102 were admitted. All applications are a result of referrals by past participants, their families, and other agencies. Due to the high volume of applications, outreach inititatives have not been an area which we have needed to develop.



# BOARD AND STAFF



"I didn't think there was enough pain and suffering that could be inflicted upon me to make me pay for what I'd done. It was only when I had a personal encounter with God that I was able to fully forgive myself and break the cycle of shame and guilt. "

### **BOARD STRUCTURE**

Rising Above is managed by a governance board comprising 9 passionate individuals with various backgrounds. The board is responsible for setting the direction of the organization through strategic planning and decision-making, financial management, and hiring new staff.

### STAFFING STRUCTURE

Rising Above staff are knowledgeable in addiction and mental health and have a deep understanding of the struggles faced by the demographic we serve either through direct or indirect experience. Each of the 11 staff member brings a unique skill set to each position. Inner Healing facilitators are trained in the model we use to deliver this program component. The men's case manager is a recovering addict and has several years of sobriety. The women's case manager has a degree in theology and has many years of experience leading vulnerable groups such as refugees and at-risk women. Other skills/experience include а diploma in addiction studies, a Master of Arts and Pastoral Leadership, and education in working with at-risk people. Administrative staff have several years of experience that contribute to marketing, business development, financial administration, and business management. The organization values continued learning through available courses in the community such as mental health first aid, first aid, suicide and self-harm awareness, and training related to the demographic of people we serve. Executive Director, Mel Siggelkow, and Operations Manager, Rick Zimmerman, are responsible for leading the team in day-to-day operations and will seek council from the board when need be.

CURTIS



Left to Right: Dan Rigl<mark>e</mark>r, Mel Siggelkow, Nikki George, Brendon Bozlovitch, Darron Tunke, David Nesbitt, Rory Tarant. Not pictured: Julie Pravitz, Daryl Mckay



Left to Right: Stephanie Hudson, Jason Wood, Kimberly Cairns, Mark van der Raadt, Rhonda Short, Rick Zimmerman, Kim Peters, Danielle Cuthbert, Burdeen Starkey, Aldon Simpkin, Mel Siggelkow



## RISING HIGHER: A NEW FACILITY



### THE SPACE

The new Rising Above facility has an estimated construction cost of 4.8 million and will allow for a 30% capacity increase. Currently, we have the capacity for 19 men and 17 women. The new facility would increase this to 28-bed spaces for men and 19 for women making for an additional 11 beds.

This new 3 story facility with a basement will provide:

- 4 new offices spaces
- 28 beds on the 2nd and 3rd floor (14 per floor)
- Laundry services
- Kitchen
- Meeting spaces
- Washrooms
- Elevator accessability
- Client lounges
- Storage rooms

Additionally, the new space would allow for simplified operations by consolidating residences and the ability to expand into food services,

### THE LAND

Rising Above is located on the former Young Offenders site. In 2017 Rising Above leased the building from the city of Grande Prairie on a 15-year lease. We have identified that co-locating the new building on the site of our current location is the most beneficial option. Тο facilitate the build, Rising Above would require а lease extension from the City of Grande Prairie and currently we are in discussions with them on extension options.



### STAFFING CAPACITY

As a result of an increase in client capacity, Rising Above would need to increase staffing capacity by up to 4 new employees. In the current building, there are no spaces available for new staff members. When Rising Above first took over occupancy of the former young offenders centre, there were 3 full-time and 4 part-time employees which made for 5 full-time equivalent staff members. Today there are 8 full-time and 3 part-time employees which is 9.25 full-time equivilant staff members. Since we have moved into this space, our staff body has almost doubled in size. We expect this number to continue increasing as our client capacity grows.

The office spaces in the new building will be administration and Inner Healing offices and an office for the men's case manager. This will free up space inside the building for more additional staff members as the need arises.

### **INTENDED USES**

Rising Above has always opened up our doors for different groups to utilize the spaces we have and we intend to do the same with this facility. Currently, there are outside groups accessing and utilizing our facility 7-days a week. These groups consist of:

- Narcotics Anonymous
- Alcoholics Anonymous
- Cocaine Anoinymous
- Crystal Meth Anonymous
- Bible Studies
- Mentor meetings
- Sponsor meetings
- Conquer series (overcoming porn addiction)
- Understanding series (Rising Above community sessions)

The Rising Above facility isn't just crucial for the health of the organization, but for the health of our local recovery community and others who need a safe space to gather and grow.

At the current space, we have 2 rooms that can be utilized - the classroom with capacity for 40 people and the boardroom with capacity for 15 people. The new facility will open up new rooms for individuals to host meetings and connect with one another in the pursuit of healthy and sober lives.

### **FINANCIAL POSITION**

Rising Above is strongly supported by community members, families of individuals who have been impacted by the program, local businessness, and churches. Over the years, our donor base has grown substantially. To date, we have over 800 individuals who support us through volunteerism, attending our events, one-time and monthly donations, and keeping up-to-date through our quartly newsletter.

The faithfullness of these donors has led Rising Above to be in a strong financial position;

- \$1 million in reserves that we have set aside for the new building.
- \$850,000 equity in houses that we will sell once new building is in place and put proceeds towards building

Combined, we are at approx. \$1.8 million which is 38% of total build costs.

The goal is to raise as much of the total cost of the project as possible before we begin building in order to minimize long-term financing costs.



### CONCLUSION

Rising Above continues to be a highly sought-after recovery option in Northern Alberta. This has only been made possible through those who support the organization. We are grateful to those who believe in what we do and have partnered or supported our organization in some way, no matter how big or small.

As Rising Above looks at all the possibilities that lay before us, we hope individuals join us in making a way for a future where more individuals can experience the freedom and joy that comes with recovery.

"The only thing necessary for the triumph of evil is for good men to do nothing."

#### -Edmund Burke







July 10, 2023

Rising Above Ministry 11007 106 Street Grande Prairie, AB T8V 2Z3

To Whom it May Concern:

I am writing this letter to express my strong support for your organization and the proposed facility expansion on the same land as your current facility. As the Mayor of the City of Grande Prairie, it is my utmost priority to ensure the well-being and success of our community members, and I believe that your work aligns perfectly with this vision.

Rising Above has played a pivotal role in our community by providing valuable support, resources, and programs to individuals and families facing challenges with addiction. Through your compassionate and dedicated efforts, you have helped countless individuals regain their footing, rebuild their lives, and reintegrate into our society as productive and thriving citizens. Your organization has been a beacon of hope and a catalyst for positive change in our city.

Recognizing the vital importance of your work, I wholeheartedly support your proposal to build a new facility to be co-located on the site of your current location. By consolidating your efforts in a new, purpose-built space, Rising Above will be better equipped to deliver high-quality services that our community members deserve and will enable you to reach even more people in need in order to provide them with the support necessary to overcome their circumstances.

Should you have any questions about this letter of support, please do not hesitate to contact me. I can be reached via telephone (780) 357-8715 or email: <a href="mayor@cityofgp.com">mayor@cityofgp.com</a>.

Regards,

Mayor Jackie Clayton City of Grande Prairie



cityofgp.com

### SOURCES

#### Treatment options in AB

https://www.alberta.ca/residential-addiction-treatment-service-providers.aspx

#### Publically funded addiction treatment spaces

https://www.alberta.ca/assets/documents/mha-publicly-funded-addiction-treatmentspaces-fact-sheet.pdf

#### Grande Prairie 2022 PIT Count

https://cityofgp.com/sites/default/files/docs/csd/Point-in-Time%20Report%202022%20-%20Final%20Mar%2028.pdf

#### City of Grande Prairie Homeless Strategy 2021-2023

https://cityofgp.com/sites/default/files/2022-01/homelessness\_strategy\_2021-2023.pdf

#### Alberta Substance Use Surveillance System

https://www.alberta.ca/substance-use-surveillance-data.aspx

#### Alberta Drug Poisoning Deaths 2022

https://edmontonjournal.com/news/politics/more-than-1600-albertans-died-due-todrug-poisoning-in-2022-government-

data#:~:text=Alberta%20drug%20poisoning%20deaths%20by%20month&text=According%2 oto%20Thursday's%20data%2C%20Edmonton,month%20was%20in%20April%202020.