



THE DENOVO BUILDING BLOCK

A NEW BEGINNING

Fall/Winter 2013 - Issue #6

DE NOVO TREATMENT CENTRE CORP.

279 Adams Road,
Sundridge ON. P0A 1Z0
Phone: 705-384-1466 or
Toll Free: 1-800-933-6686
www.denovo.ca

De Novo is an alcohol and drug treatment service operated as a partnership between management and unionized members of Ontario's construction trades.



IN THIS ISSUE

1. Alumni BBQ & Annual Gratitude Dinner
2. E.D. Report
3. Aftercare/Alumni
4. Announcement
5. De Novo Staff
6. De Novo's Kitchen!
- Carol's Butter Tarts
7. Raff's Success Story

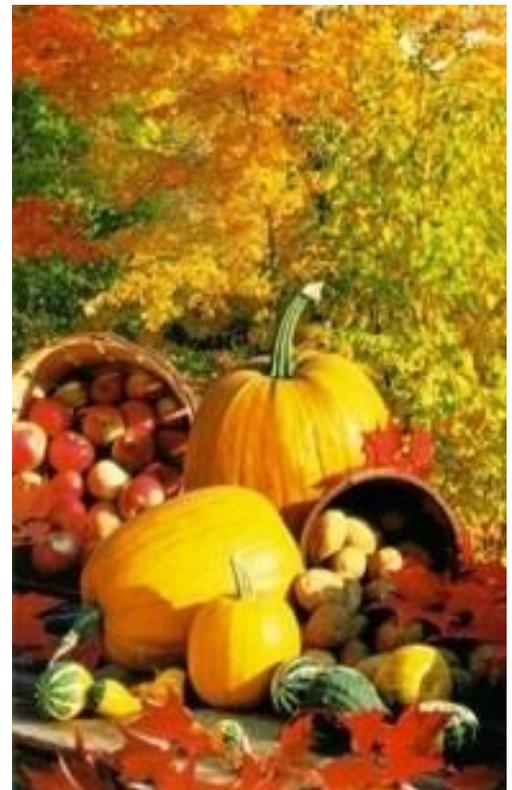
Alumni BBQ & Annual Gratitude Dinner

On August 10th, De Novo held its first annual on-site Alumni barbeque. We had an amazing turn out of De Novo Alumni, their families, Board members and friends. We were very proud to have a De Novo client representative and a De Novo client representative of Renascent Treatment Centre who both shared their success stories during the gratitude circle. We were also very thrilled to have representatives join us from Renascent with whom we have created an alliance with in support of our female clientele.

We would like to thank everyone that was able to attend the barbeque. The barbecue would not have been such a great success without you. We hope to see you all for our next Alumni Barbeque that is being held on, August 16th 2014.

In thanking our community for their ongoing support, De Novo invites you to attend our annual **Gratitude Dinner** on December 06, 2013. Social hour will begin at 5:00 pm. Dinner will be served at 6:00 pm and a gratitude circle to follow.

RSVP to asinclair.denovo@bellnet.ca



Executive Director Report – By Marie Lloyd

We are into our season of pumpkins, Thanksgiving, Halloween and beautiful fall colours. We have just had a series of strategic planning meetings with our clinical staff and De Novo's Board of Directors. One of the many new initiatives that came from those meetings is the development of a new strategic partnership with the Community Mental Health agency in Sundridge. This partnership will allow us to better serve our clients by providing additional assessment services and continuing education.



At De Novo we are continually focusing on finding new ways to enhance the quality of the services we provide for our valued clients. I look forward to making new announcements with you in the New Year!

-Marie

De Novo Aftercare/Alumni

De Novo Treatment Centre has teamed up with Cognit; a continuous recovery management system for addiction and concurrent disorders, to bring an online Aftercare program that combines the latest technology with effective research and knowledge-based psycho-educational content, self-application exercises and self-awareness tools. Together, De Novo and Cognit have developed a strength, wellness and challenges based program that will help strengthen and encourage clients to find their own solutions to everyday challenges and occurrences. Aftercare programs offer life skills and relapse-prevention with continuing reference to the twelve steps.

De Novo is reintroducing our Aftercare program known as Recovery Enhancement, at our facility in Sundridge, Ontario. Our Recovery Enhancement program is one week in duration and is offered four times per year. Clients are admitted on Sunday afternoon and complete the program the following Friday. To find out our Recovery Enhancement week dates, please see our Aftercare tab on our website www.denovo.ca.

De Novo has also developed an Alumnus to connect our past clients with newly graduated clients. This arrangement is beneficial in developing new connections in recovery. We also familiarize our clients with "Bridging the Gap", a new program that allows our clients to connect with 12 Step group members in their area.

If you are interested in joining our Alumni, enrolling in our online Cognit/Aftercare program or Recovery Enhancement program, please contact Aaron Sinclair at **1-800-933-6686** or by email asinclair.denovo@bellnet.ca

Announcement

De Novo Treatment Centre would like to extend a warm welcome to Aaron Sinclair in his new role as Aftercare Manager/ Program Leader.

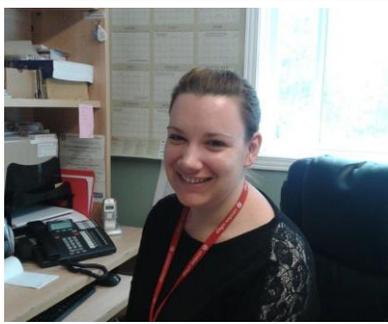
Aaron has worked with the De Novo team since May 2007 and is looking forward to working in his new role.



De Novo Staff



Jon G. – Jon has been a valued member of the De Novo team since January of 2012. He has been a counsellor at De Novo since September of 2012. Jon is currently working towards obtaining his Canadian Certified Alcohol Drug Counsellor (CCADC) credentials through Canadian Addiction Counsellor Certification Federation (CACCF). Jon contributes greatly in the maintenance of the De Novo Aftercare program.



Jade B. – Jade is a new member of the De Novo counselling team. She started working as an addiction counsellor in June 2013. Jade is also currently working toward obtaining her CCADC credentials through CACCF. Jade has proven to be a skillful team member and we look forward to working with Jade in the days to come.



Don K. – Don has been with De Novo off and on in his retirement since September 2011. He has worked in the field of addiction treatment for over 28 years and has sat on the Board of Directors for CACCF for six years. Don is certified with an ICADC. He has also taught at Canadore College in the Mental Health & Addiction program. We have much love and respect for Don with the utmost appreciation for the contribution he makes at De Novo.

De Novo's Kitchen – By Carol Donnelly

Carol's Butter Tarts

RECIPE: Yields 12 tarts

Pastry:

1 ½ cups of all-purpose flour
½ tsp of salt
½ tsp of baking powder
½ cup of shortening
1/3 cup of "ice" cold water

Mix flour, salt and baking powder together. Cut in shortening with Pastry Blender. Add cold water, a little at a time, using just enough to bind the mixture so that the dough can be patted into a ball. Roll dough and cut with a cookie cutter or tart cutter and ease gently into a greased tart pan.



Filling:

1 egg beaten
1/3 cup butter
1 cup brown sugar
2 tbsp milk
1 tsp vanilla
1/3 cup corn syrup

Mix all of the filling ingredients together. Fill tart shells 2/3 full. Preheat oven to 450 degrees. Bake tarts for 8 minutes. Reduce the oven temperature to 350 degrees and bake for 15-20 minutes longer or until the pastry is delicately brown.

Enjoy!

Raff's Success Story

Upon arriving at De Novo I couldn't help but experience a great sense of peace and hope before I even began the program. I was broken and hopeless.

De Novo became the place and its staff became the group of people that gave me the chance to heal. The solution they provided was simple and honest. All I had to do was be willing to get better and listen to what the Counsellors and my fellow clients had to say. Today, I am experiencing life on life's terms without having to resort to drugs and alcohol. De Novo has introduced me to new ways of living. Best of all, De Novo has helped me realize that I never have to be alone again.

Thank you and God Bless!

If you would like to receive a copy of our Newsletters or suggest topics for discussion, please forward your request to: asinclair.denovo@bellnet.ca