



THE DENOVO BUILDING BLOCK

A NEW BEGINNING

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DE NOVO TREATMENT CENTRE CORP.

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

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Announcement

In August, we said goodbye to Jacqie Shartier, who was our Executive Director from June 2010 to August 2012. We wish Jacqie all the very best in her future endeavors.

It is with pleasure, that the staff at De Novo can take this time to announce a new addition to the Team here at De Novo. Marie Lloyd was with De Novo from January 2011 until December 2011 as Program Manager. As of mid August 2012, Marie has joined the Team once again, this time as Executive Director. Marie has been working in the field of addictions for over 27 years and will continue working with the Team to drive De Novo to accreditation. Welcome back Marie!



Marie Lloyd

Executive Director Report – By Marie Lloyd

It is with great pleasure that I have been appointed to lead De Novo forward with an excellent team to assist me in this process.

As the new Executive Director of De Novo since August 2012, I am looking forward to continuing toward accreditation with the team. We will be partnering with Renascent Treatment Centre in Toronto who is the sister agency that we send all women to who are eligible to come to De Novo. We are looking at two different accreditation bodies which are the Commission of, Accreditation of Rehabilitation Facilities (CARF) and the Canadian Centre for Accreditation (CCA).

It was my first year at the Golf tournament that is supported by the Central Ontario Building Trades. It was a very successful event and we thank the Central Ontario Building Trades for their very generous contribution.

I was also at the Ontario Building Trades Conference and received another generous donation from Sprinkler Industry Benefit Trust Local 853 for the important work that is done by the caring staff at De Novo. Thank you to all who support us in our work.

I would like at this time to thank all the participating unions who support us. We want to continue to be here for your members who are in need of our services. If you would like information on our services or would like to make inquiries, please feel free to contact us.

New Toronto Aftercare Location

De Novo would like to thank Patrick Dillon, who is the Business Manager and Secretary Treasurer of the Provincial Building and Construction Trades Council of Ontario, for donating a room for the weekly De Novo Aftercare meeting.

As of November 05, 2012, our new location for the De Novo Aftercare meeting is, 35 International Boulevard, Etobicoke Ontario. The meeting will be held Monday evenings from 6:30 pm – 8:30 pm.

If you have any questions or would like more information on our De Novo Aftercare program, please contact either Aaron Sinclair or Jon Grawbarger at 1-800-933-6686.

De Novo Alumni

In December 2010, De Novo Treatment Centre developed an aftercare program in conjunction with other addiction facilities. We are able to provide an aftercare or continuing care program close to a client's home to reduce travel time and increase recovery time. Aftercare programs offer life skills, anger management programs, and relapse-prevention with continuing reference to the twelve steps. Since 2002, De Novo has successfully graduated many clients and in our ongoing efforts to achieve maximum recovery, De Novo has created an alumnus. Alumni members can speak at meetings and offer advice and ideas to De Novo and their newly graduated clients. By connecting new clients with alumni members, De Novo feels that aftercare is very important and may decrease the odds of relapse potential up to 71%. If you are interested in joining our alumni, have completed the De Novo Treatment program and are active in your recovery, please contact Aaron Sinclair at 1-800-933-6686.

Up-Close and Personal With De Novo Staff



Al Landry – I joined the De Novo team in June of 2012, bringing with me a fresh and positive attitude. I am a spiritual being and I recognize the importance of Spirituality and the healing power within all of us. Turning my personal tragedy into triumph and emotional pain into purpose, I made changes in my life, including going back to school in order to serve at De Novo. Graduating with honours and earning the President's Award for Academic Excellence, I have not only discovered another passion, but have also discovered my purpose in life – that is, to serve. My Mantra, 'I never said it would be easy; I said it would be worth it!'"



Brian Janes – I joined the De Novo team in February 2012 and am a full time Addictions Counsellor. I graduated from Georgian College's Post-Grad Addictions: Treatment and Prevention program and am a licensed trainer for the classic book: *Feel the Fear and Do It Anyway*. I have thoroughly loved my time at De Novo; it is a joy to work with such a supportive and cohesive staff. I look forward to being a part of De Novo's and our client's bright future!

Further to **Up-Close and Personal**, it is with pleasure that we can announce that Aaron Sinclair obtained his International Certified Alcohol and Drug Counsellor (ICADC) qualification.

Currently, other members of the Team are also working on their certification.

Helpful Hints for Nutrition

1. Try to eat six times a day.
2. Avoid drinking liquids with meals.
3. Eat fresh fruits and lightly steamed vegetables every day.
4. Vary your diet as much as possible as no single food provides all your vitamins and minerals.
5. Avoid white sugar and white flour.
6. Don't eat convenience foods or instant foods.

Something From The Kitchen - By Rhonda Sarginson

Cream of Broccoli Soup

Ingredients:

- 6 tablespoons butter
- 2/3 cup flour
- 2 tablespoons butter
- 1/4 cup chopped onion
- 4 cups broccoli florets, cut into bite sized pieces (fresh or frozen)
- 6 cups chicken broth (or you can use the 49 1/2 oz can)
- 3/4 cup half-and-half
- 1 teaspoon salt
- 1/4 teaspoon pepper



Directions:

1. In a small saucepan over low heat, melt the 6 T. butter. Add in the flour and stir until blended; do not brown. Remove from heat and set aside.
2. In a large saucepan, melt the 2 T. butter. Add onion; cook until tender. Add chopped broccoli florets, cook and stir about 6 minutes. Add the chicken broth. Increase the heat at this point and bring to a boil. Whisking constantly, add the flour mixture. Cook and stir until soup is thickened and bubbly.
3. Lastly, add in the salt, pepper, and half & half. Heat through and serve hot. Note: The soup will thicken upon standing.
4. You can substitute cauliflower in place of the broccoli. Enjoy!

Client Art



Are there questions you would like to be answered about addiction or your recovery? Are there specific topics you would like us to discuss?

Please send all comments to asinclair.denovo@bellnet.ca. All submissions will be considered and answered to the best of our ability.

If you would like our newsletters sent to you, please send your email/information to the above address.