



Project
Courage



Rideauwood
ADDICTION AND FAMILY SERVICES

Shame, discrimination and prejudice keep us quiet.

They hold us back from getting the help we so desperately need.

Shame, discrimination and prejudice perpetuate the cycle through generations of families.

What does it take to stand up to shame, and discrimination and prejudice?

Courage.

Rideauwood Addiction and Family Services is a substance use and addiction treatment and support centre that helps people change their lives and stand up to stigma.

You probably know some of Rideauwood's clients. They come from all walks of life; high achieving professionals, people you work with, your son or daughter's friend, the neighbour you chat with at the grocery store or the person waiting to cross the street.



You can't heal if you don't have a safe space to do it from. That space is Rideauwood.”

- Rideauwood client

42% of Ontarians have increased their substance use and gambling addictions to cope with a global pandemic. ¹

The effects of addiction are everywhere, and yet people do not have access to the treatments and supports they need.

Your donation to Rideauwood can help change that.

Overdose numbers continue to increase while the waitlist for addiction services grows longer and longer. Our health care system is structured to serve those who are in crisis and who need immediate help. Substance use and addiction are a continuum.

Rideauwood's role is two-fold:

- Help those in crisis
- Help prevent the crisis through counselling that keeps people out of hospitals and acute care facilities

Crisis counselling is the reality, but crisis prevention is far more cost effective.

And Rideauwood's approach is working.

¹ Ontario COVID-19, Youth and Adult Mental Health and Addiction Survey, CMHO and AMHO, May 2020



3000+
clients access
Rideauwood
every year.



What crushed me was realizing that I actually had no power over my addiction. I thought I had control. But it owned me.”

– Mathieu, Rideauwood client

Community Health Care

Since 1976, Rideauwood has met clients on Parkdale Avenue in Ottawa. Quietly, in the shadow of mental health awareness, Rideauwood has adapted to the needs of its clients and its community. What makes Rideauwood different is its “whole community” approach to care: clients have access to one-on-one counselling, group counselling, and supports for family members.

Addiction is deceptive. Drinking, drugs, gambling and gaming are all band aids: they buffer people from the pain of their personal stories. Addiction can take everything away from you, your finances, your family, your relationships, your home and your hope.

Rideauwood offers support and counselling for the families of loved ones affected by substance use, addiction and mental health. This is the Rideauwood difference: embracing the whole family through supports and community.

Government funding supports the basics: 40 professional staff, a building on Parkdale Avenue, and money to run non-residential group and individual treatment, public education, training and consultation. The leadership team at Rideauwood has positioned the centre within the framework of the newly-created Ontario Health Teams and is ready to adapt to this new structure of healthcare.

But with a long waitlist already, there is zero capacity for the counsellors at Rideauwood to support the tsunami of people who are turning to coping mechanisms like substance use, gambling and other addictions to deflect the pain and anxiety they are feeling in a post-COVID world.

Without new funding to meet the increased need, Rideauwood will be forced to turn away people in crisis. These brave people have taken that first step: they have told someone that they need help.

Join Project Courage

Your support of Project Courage will have multi-generational impact. Every gift to help support substance use and addiction recovery helps not only clients, but also their family. Your donation will help people gain back their finances, their relationships, and help them transform their lives.

“The opposite of addiction isn't sobriety, it's feeling like you belong, that you matter.”

– Mathieu, Rideauwood client

Project Courage will support the following three areas:

- 1 Excellence in Care** – Build on Rideauwood’s 40+ years of leadership in community addiction services. Build on Rideauwood’s expertise in delivering quality, effective care. Waitlists are long and the urgency for action continues to grow. Help us make sure that when people are ready and asking for help, we are answering their call with timely access to prevention, stabilization and supportive programs.
- 2 Research** – Ensure the Centre remains a first-class training ground for staff and service partners. Help fund community-based research so that others can learn from evidence-informed practice and we can contribute to the development and implementation of innovative solutions, such as peer and family led models that will support individuals’ and families’ goals throughout their recovery journey.
- 3 Technology** – Help Rideauwood remain nimble and adaptive in the face of rapid change and disruption (eg – COVID-19). Updating our outdated technology improves our ability to leverage emerging virtual care platforms so that we can continue to provide client centered care, online or in-person, improve how we use data, measure outcomes to drive improvements and increase access to high-quality services.

“When they come in and they are younger, it is hard to explain, but it makes me happy. I hope that by catching them young, they don’t have to go thru the same experiences I did.”

– Noah, client pictured to the right, speaking about his weekly addiction group session.



Ways to Give

Rideauwood is a charitable organization. Your generous support will allow us the opportunity to reach more individuals and families who may not get the help they need otherwise.

One of the best and most effective ways you can help us help others is by joining our Monthly Giving Program. You can join online or contact us directly to provide your information.

You may wish instead to offer a single donation. Visit the home page of our website where you will find our Donate button at the top right.

There are many other ways you can support our important work:

- Become a corporate sponsor and participate in outreach presentations about addiction and substance use.
- Remember Rideauwood Addiction and Family Services in your will.
- Organize your own fundraising event for Rideauwood – celebrate a milestone event in your life with a Rideauwood fundraiser.
- Share the news about the impact of our work via your social media channels.
- Volunteer and help advance our work.

Your donation will help people and families reclaim their lives and stand up to shame, discrimination and prejudice.

Please give generously.

Johanne Levesque, Executive Director

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