



iRecover Connection

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As Jim Sees It:

We are proud to announce that we are opening a new treatment centre named HerRecovery in Glendon, Alberta. Our thinking around the new centre, is that this will be a place for women only. One of the biggest roadblocks we see for many women getting into treatment is their attachment to their children and caretaking responsibilities. So this new facility will enable mothers to have their children visit them frequently or even stay overnight with them. It will allow them to be around participants dealing with the same struggles as mothers. The benefit for the mothers is that we will have numerous add on programs directed towards the specific needs of mothers and their children. The reason it is called HerRecovery is because we would love to see mothers take ownership of their struggles and hopefully we can guide them in the right direction.

~Jim Gray



A Message from the Director:

Since the beginning of the pandemic there has been a record breaking amount of deaths due to drugs and alcohol in Alberta. According to Government of Alberta stats, just in the central zone, drug poisonings have more than doubled since the start of Covid. From 17.1 to 35.6 deaths per hundred thousand. We have all been told to stay home or stay away from friends and family and as such we have been denied our healthy coping mechanisms for mental health and have turned to more unhealthy coping mechanisms through increased use or reliance on drugs and alcohol.

This past year iRecover served 267 people struggling with addiction. This was one of our busiest years to date. During these difficult last few years dealing with a pandemic, we are grateful so many people have been able to attend our program.

Last year, as with the years before, a majority of folks seeking our services reported alcohol to be their primary addiction. In fact, 62% of new intakes reported alcohol as their primary addiction, followed by stimulants (ie. cocaine, methamphetamine etc) at 20% and opiates (ie. fentanyl, heroin etc) at 15%. You may have heard the expression that addiction does not discriminate. This is something we see firsthand in the diverse backgrounds of the people who come through our doors. People of all different backgrounds who sometimes have walked similar or very different paths to find themselves here. We embrace the differences and commonalities shared by all of the folks we are fortunate enough to support in their journey to recovery.

What's Happening at iRecover:



Christmas Season:

Some of you may wonder what the holiday season is like around here.

Being a residential centre, we are open 24-7-365 and this can make it challenging for staff to get together in a nonwork setting and just enjoy each other's company. Our annual Christmas party allows that rare opportunity. This year we went to Heritage Ranch in Red Deer to enjoy sleigh rides and the lovely light display. This was followed by going out to dinner at Las Palmeras. It was a wonderful evening filled with great company.



Christmas season can be a difficult time to spend away from family so it is important to us that our participants get to enjoy some of the Christmas customs that they are used to at home. To kick off the Christmas season, participants took part in decorating the 16 foot Christmas tree that lights up our atrium. The Christmas spirit continued with activities like decorating gingerbread houses, homemade ornaments, and Christmas day turkey dinner.

Fun in Recovery:

These past few years we have had to do some improvisations here at iRecover to ensure that our participants still have an opportunity to have fun in recovery. Unfortunately, with Covid restrictions we have not been able to take participants on as many outings. So over the last year we have expanded onsite activities. This includes the addition of a jukebox and another pool table to our atrium. During break from their busy schedules, you will often find participants playing games with their peers and enjoying some lighthearted competition.



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