

# FOOTHILLS CENTRE ANNUAL REPORT

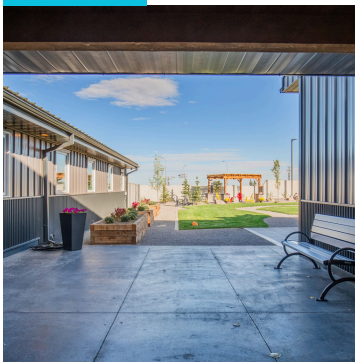
FIRST STEPS TO A BETTER TOMORROW

ESTABLISHED 1979

2024

2025

FISCAL YEAR





# LETTER FROM THE CHAIRPERSON

Greetings to all! A big thank you to all our staff, all current and past clients, to friends of the Foothills Centre, and to all who support the Foothills Centre in one way or another. The Foothills Centre, for another year, has played a critical role in supporting and helping clients from all over western Canada as they take meaningful steps towards recovery from drug and alcohol addictions. For another year clients have walked through the doors of Foothills Centre to find a place of support, care, and hope!

It remains an honour to be part of a group that so compassionately and supportively helps those that are really, at an extreme low spot in their lives. Coming to the Foothills Centre for many clients is the first step towards getting help and changing the direction of ones life. 1094 clients were welcomed through to the Centre during the 2024-2025 fiscal year. 1094 lives that the Centre had an impact on and we hope that for most, if not all, the impact was positive and healing. With an occupancy rate for the year of 94% - a very high rate considering the Centre has very little control over if and when a client is willing and able to make an appointment.

About our staff, the staff continue to be exceptional in participating in the mission of the Foothills Centre to ... impact lives. Caring and supportive staff are vital to the success of the Centre and the positive impact on each client's life. So, thank you to every team member that contributes to making the Foothills Centre a recognised success. The Board strives to support our staff with benefits, resources, and encouragement in an effort to retain our great staff and recruit new members to the team.

Val Campbell, our Executive Director, continues to shine and excel in her role of leading the team, promoting the Centre across Alberta, caring for the clients and so much more. Over the past year Val has led several improvements of the Centre including the major kitchen renovation. The kitchen renovation was desperately needed and turned out very nicely for the team to be able to serve a growing client base. Looking forward, Val and the team have begun the process of renovating an old storage room into a library area, something that has been determined to be a nice amenity that was lacking.

This past year the board has spent considerable amount of time planning and considering what is next for Foothills Centre; 5 -10 years from now what will the Foothills Centre look like and what will it be doing. These are big questions especially with the focus the Alberta Government has placed on addiction and recovery Centres throughout the province. Meetings have been hosted with our local MLA and with AHS officials to ask them these questions and where they see the Foothills Centre best serving the needs to our community, region, and province.

In closing, to assist with all of this, the Foothills Centre continues to look for and seek out additional board members to join our board in helping support and govern current operations and vision for the future. If you or someone you know would be a great fit to contribute to the Foothills Centre board, please do reach out to Val for more information.

On behalf of the Foothills Centre Board, thank you to all the staff, supporters, and friends for another wonderful year. Together we look forward to continuing to support and advocate for the success of all involved.



**BRENT  
FEYTER**

CHAIRPERSON OF THE BOARD

## LETTER FROM THE EXECUTIVE DIRECTOR

As I reflect on the past year at Foothills Centre, I do so with immense gratitude, pride, and hope. This year marked a significant milestone for us—45 years of service to individuals seeking change in their lives. Reaching this milestone is more than just a measure of time; it is a testament to the resilience of our clients, the dedication of our staff, and the steadfast support of our Board, our funders, and our community. It is a moment to honour our past, celebrate our present, and look ahead with optimism to our future.

The work we do at Foothills Centre is only possible because of the passionate, skilled, and deeply committed individuals who serve here. This year, the Board of Directors demonstrated their continued support for our staff by approving wage increases and working collaboratively on initiatives to improve overall workplace well-being. Our Quality Improvement Plan continues to guide us as we strive to deliver the highest standard of care and support to those who walk through our doors. These steps not only honour our staff's dedication but also strengthen the foundation of our organization for years to come.

Celebrating 45 years of service is a profound achievement. It is a reflection of every client who has walked through our doors with courage, every staff member who has shown up with compassion, and every donor and supporter who has believed in our mission. This milestone invites us to reflect on the thousands of lives impacted over the decades and inspires us to continue reaching forward with care and purpose.

We are deeply grateful to Recovery Alberta, whose funding and partnership have empowered us to continue our work with confidence and stability. Their commitment to supporting organizations like Foothills Centre is not only commendable—it is essential. We are proud to work alongside such a forward-thinking and community-oriented funder.

To our donors and local community, thank you for walking beside us. Your generosity—whether through financial gifts, volunteer hours, or words of encouragement—makes a tangible difference in the lives of those we serve. You remind us that recovery is not just an individual journey but a community effort. Our staff continue to be the heart and soul of Foothills Centre. Their tireless work, their unwavering compassion, and their belief in the possibility of change make this place more than just a facility—it makes it a place of hope. Whether supporting clients directly or ensuring the Centre runs smoothly behind the scenes, every team member plays a vital role in the healing process.

To the individuals who come to Foothills Centre seeking change—you are the reason we exist. Every story shared, every step taken, every moment of vulnerability and strength is something we honour deeply. It is our hope that during your time with us, you experience dignity, connection, and a spark of belief in what's possible. Our wish for you is lifelong wellness, joy, and purpose. As we look to the future, Foothills Centre remains committed to growth, innovation, and excellence. We are continually exploring new ways to enhance and improve our services, to meet people where they are, and to provide the highest standard of support possible. Whether through updated programming, improved facilities, or deeper community partnerships, we move forward with determination and heart.

In closing, I offer my deepest thanks to everyone who makes Foothills Centre what it is. Together, we carry forward a legacy of compassion, strength, and transformation—one that has lasted 45 years and will continue to grow for many more.



**VAL  
CAMPELL**

EXECUTIVE DIRECTOR

35 YEARS OF SERVICE

# ORGANIZATION OVERVIEW

## FOOTHILLS ALCOHOL ACTION SOCIETY



### OUR VISION STATEMENT

TO ASSIST INDIVIDUALS AND FAMILIES WITH  
ADDICTION RELATED PROBLEMS AND  
ENCOURAGE HEALTHIER LIFESTYLES.

### OUR MISSION STATEMENT

EMPOWERING INDIVIDUALS AND FAMILIES  
AFFECTED BY ADDICTION WITH THE  
COURAGE TO INITIATE POSITIVE CHANGE.

### OUR VALUES

·WE VALUE COMPASSION, PROVIDING A SAFE AND  
SUPPORTIVE ENVIRONMENT WHERE INDIVIDUALS  
ARE TREATED WITH DIGNITY AND RESPECT.

·WE VALUE INTEGRITY AND COLLABORATION,  
WORKING WITH INDIVIDUALS, FAMILIES, AND  
COMMUNITIES TO SUPPORT LASTING RECOVERY.

·WE VALUE EMPOWERMENT, EQUIPPING  
INDIVIDUALS WITH THE TOOLS AND RESOURCES  
NEEDED FOR HEALING AND LONG-TERM WELLNESS.

·WE VALUE CONTINUOUS IMPROVEMENT, UTILIZING  
EVIDENCE-BASED PRACTICES TO PROVIDE THE  
HIGHEST QUALITY OF CARE.

### OUR BOARD MEMBERS PICTURED BELOW:

BRENT FEYTER, DONI-LYN HOUSTON, TAMMY PAIHA, LIISA GILLINGHAM, TAMMY VAN BUUREN, SHARAN RANDLE

THE FOOTHILLS CENTRE IS GOVERNED BY THE FOOTHILLS ALCOHOL ACTION SOCIETY, A NON-PROFIT, CHARITABLE SOCIETY INCORPORATED UNDER THE SOCIETY ACT OF ALBERTA, AND IS FUNDED BY RECOVERY ALBERTA. THE BOARD CONSISTS SOLELY OF VOLUNTEER MEMBERS.





# OUR SERVICES

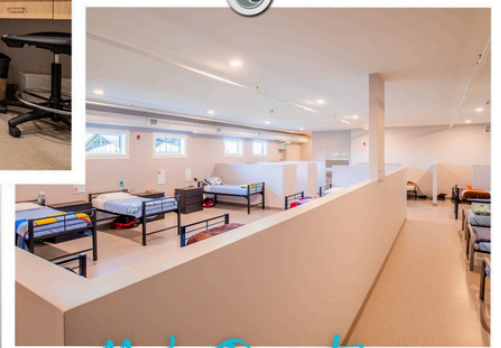
- PROVIDE CURRENT INFORMATION ON ALCOHOL, SUBSTANCE, AND/OR GAMBLING ADDICTIONS
- OFFER SUPPORT AND ENSURE SAFETY DURING THE DETOXIFICATION PROCESS
- ASSIST CLIENTS IN OVERCOMING THE ADVERSE EFFECTS OF ALCOHOL AND SUBSTANCE USE.
- PREPARE THEM FOR FURTHER TREATMENT, OR REINTEGRATION INTO SOCIETY.



*Women's Dormitory*



*Medic's Office*



*Men's Dormitory*



# OUR IMPACT IN NUMBERS

TOTAL CLIENTS  
ADMITTED INTO  
THE DETOX

**1094**

OCCUPANCY  
RATE

**94.3%**

CLIENTS WHO  
HAVE  
COMPLETED THE  
PROGRAM

**915**

I HAVE LEARNED MORE IN THE WEEKS I'VE BEEN HERE THAN MOST TREATMENT CENTERS I'VE BEEN IN. I THANK FOOTHILLS CENTRE FOR SAVING MY LIFE. THANK GOD FOR THE STAFF AND THE COMPASSION THAT WAS GIVEN AND THANK YOU FOR LOVING ME WHEN I COULDN'T LOVE

MYSELF.

F.S.

I'M SENDING A HEARTFELT THANKS TO ALL THE STAFF AT FOOTHILLS CENTRE. WHAT YOU DO THERE COLLECTIVELY HELPED ME SET A PATH TO RECOVERY AND ALTHOUGH I'M UNSURE OF THAT PATH DIRECTION AT THIS TIME, I CAN SAY I KNOW IT'S IN THE RIGHT DIRECTION. WHEN I ARRIVED, I HONESTLY WASN'T A BELIEVER BUT AFTER A FEW DAYS IT HELPED ME REALIZE MY PROBLEM, TRIGGERS OF THAT PROBLEM AND SHORT-TERM COPING TECHNIQUES. NONE OF THIS WAS IN FRONT OF ME AT ARRIVAL TIME. ALL STAFF WERE VERY FRIENDLY, UNDERSTANDING AND HELPFUL.

L.W.

THE STAFF ARE FRIENDLY AND SEEMED TO GENUINELY CARE ABOUT THE CLIENTS. MY STAY HERE WAS POSITIVE AND MOST LIKELY SAVED MY LIFE. THANK YOU TOO ALL.

D.G

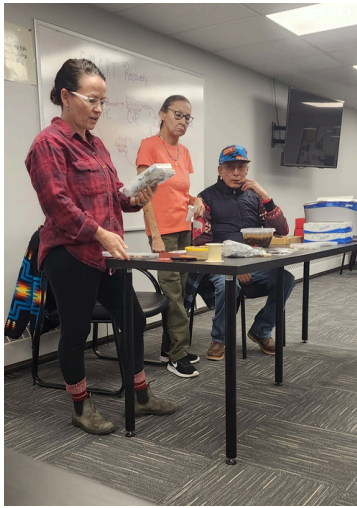
VERY POSITIVE EXPERIENCE! ALL STAFF WERE KIND AND RESPECTFUL. FOOTHILLS IS A GREAT PLACE TO RECOVER. GREAT FOOD!!

E.F





# OUR PROGRAM



FOOTHILLS CENTRE IS AN ACCREDITED, MEDICALLY SUPPORTED, ADDICTION WITHDRAWAL MANAGEMENT FACILITY LOCATED IN FORT MACLEOD. WE PROVIDE A SUPPORTIVE, HEALING ENVIRONMENT, WITH COMPREHENSIVE CARE FOR THOSE SEEKING TO OVERCOME SUBSTANCE USE CHALLENGES. OUR PROFESSIONAL TEAM OFFERS EVIDENCE-BASED CARE AND COMPASSIONATE SUPPORT TAILORED TO EACH CLIENT'S NEEDS.

OUR FACILITY FOOTHILLS CENTRE OPERATES OUT OF A PURPOSE-BUILT, FACILITY DESIGNED TO FOSTER RECOVERY AND DIGNITY.

THE CENTRE INCLUDES:

- COMFORTABLE AND SECURE RESIDENTIAL SPACE
- 23 DETOX BEDS AND 4 RECOVERY BEDS IN A DORM SETTING
- COMMUNAL DINING AND GROUP AREAS
- ON-SITE KITCHEN WITH FULL-TIME CULINARY STAFF
- CONFIDENTIAL INTAKE AND PRIVATE ONE-ON-ONE SESSIONS
- PSYCHOEDUCATIONAL GROUP SESSIONS





# OUR PROGRAM



OCTOBER 24<sup>TH</sup> 2024

HEIDI (AHS) BROUGHT TWO ELDERS, NEWTON AND LENA BULL SHIELDS TO FHC FOR MORNING GROUP. IN THE GROUP THE ELDERS TALKED TO STAFF AND THE CLIENTS ABOUT THE RITUAL OF SMUDGE. THEY SPOKE OF THE SIGNIFICANCE AS WELL AS TAUGHT THE CLIENTS HOW TO USE THEIR SMUDGE. THEY THEN SUPPORTED CLIENTS AND STAFF WHILE THEY MADE THEIR OWN MEDICINE BOXES.



# OUR PROGRAM



THANK YOU, VOLUNTEERS! YOUR HARD WORK AND DEDICATION ARE TRULY APPRECIATED. WE'RE SO GRATEFUL FOR EVERYTHING YOU DO.



# CLIENT STORIES

TO FOOTHILLS DETOX CENTRE BOARD OF DIRECTORS,

MY NAME IS M.C, AND I AM A GRATEFUL CLIENT OF THE FOOTHILLS DETOX CENTRE (FDC).

DURING MY ACTIVE ADDICTION I FREQUENTED FDC MANY TIMES IN VARIOUS STATES OF WITHDRAWAL

AND DEBILITATING PSYCHOSIS. WHEN NO ONE ELSE WOULD TAKE ME FDC AND ITS AMAZING STAFF

WOULD ALWAYS TAKE ME IN AND PROVIDE ME WITH A SENSE OF SAFETY THAT I WAS INCAPABLE OF

PROVIDING MY SELF AND NO OTHER INSTITUTE WAS WILLING TO. I CAN HONESTLY SAY FDC SAVED MY LIFE

ON NUMEROUS OCCASIONS AND HELPED KEEP ME ALIVE DURING MY RECOVERY JOURNEY.

FDC RECENTLY HELPED ME ACHIEVE THAT CRITICAL SAFETY THAT IS NEEDED FOR RECOVERY THROUGH ITS

RELAPSE PREVENTION PROGRAM. THE SUNDAY BEFORE LAST, I FEEL INTO THE RABBIT HOLE OF OBSESSIVE

THOUGHTS WHICH CAME SO REMARKABLY CLOSE TO JEOPARDIZING MY RECOVERY. I WAS LITERALLY SITTING

IN BED ABOUT TO CALL A DEALER WHEN, MIRACULOUSLY, THE IDEA CAME TO ME TO CALL FOOTHILLS. I

CALLED AT 9:30 PM AND DID AN INTACT AND BY 5:30AM MONDAY MORNING THE NIGHT STAFF

CONFIRMED FROM MANAGEMENT THAT THEY HAD SECURED A BED FOR ME AT 10:30AM THAT SAME

DAY. I WAS ON A BUS BY 7:00AM FROM CALGARY HEADED TO SAFETY.

I STAYED FOR 4 DAYS, WHICH ALLOWED MY MIND TO RETURN TO BASE LINE AND MY RECOVERY IS

STRONGER NOW AS A RESULT OF MY BRIEF STAY. I CONSIDER FDC MY HOME AND THANK THE BOARD OF

DIRECTORS, THE MANAGEMENT AND THE STAFF FOR EVERYTHING YOU'VE DONE FOR ME. FOOTHILLS DETOX

CENTRE SHOULD BE EMULATED THROUGHOUT THE PROVINCE AND CANADA IN MY HUMBLE OPINION.

GRACIOUSLY,

M.C

**December 11, 2024**





# CLIENT STORIES

## J.F.'S MESSAGE FOR THE FOOTHILLS CENTRE AND STAFF

I AM DOING AMAZING !!! STILL SOBER HIGH FIVES ALL AROUND ! I FINISHED MY TREATMENT AT CDC. I WENT BACK TO WORK FOR SAFEWAY DOING MY OLD JOB. I FOUND MYSELF FALLING INTO A RUT AND SLIDING SO I SOLD EVERYTHING AND MOVED OUT TO OSOYOOS B.C. I'M FEELING AMAZING. I HAVE A JOB AT A GOLF COURSE AND AM LOVING LIFE. I CAN'T THANK YOU, YOUR TEAM AND YOUR CENTER ENOUGH. IT IS SOME OF THE BEST MEMORIES IN THE LAST 10 YEARS OF MY LIFE. I LEARNED MORE WITH YOU GUYS AND YOUR CLASSES THAN AT A COUPLE TREATMENT CENTERS. I EVEN HAD THE CDC ADOPT A FEW OF YOUR TEACHINGS :)

**Shared picture of new office.**





# WELCOME TO THE FAMILY!



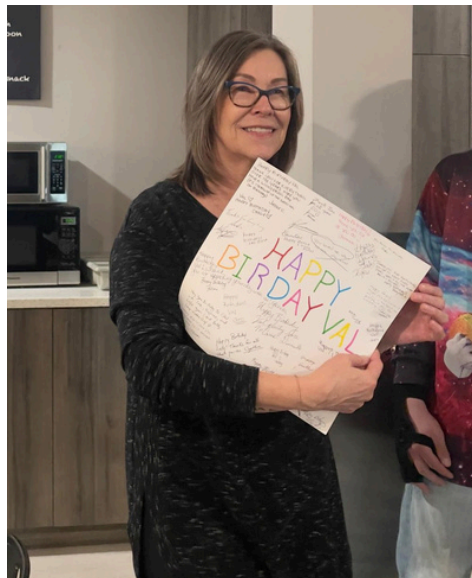


# WELCOME TO THE FAMILY!



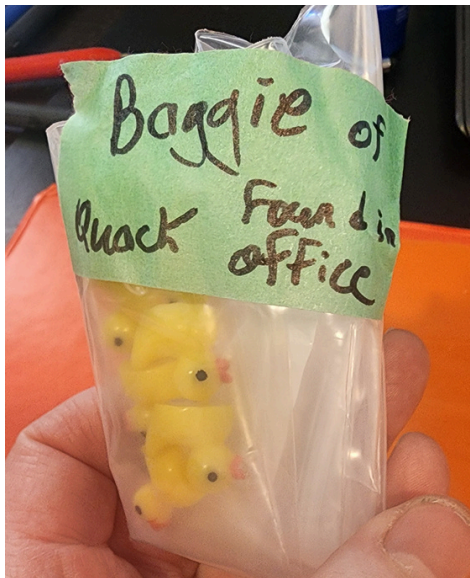
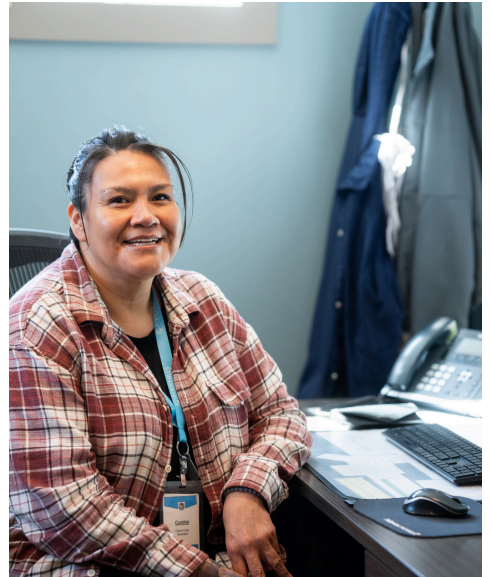


# WELCOME TO THE FAMILY!





# WELCOME TO THE FAMILY!





# WELCOME TO THE FAMILY!





# STAFF RECOGNITION

THE CONTINUED SMOOTH OPERATION AND COMPASSIONATE CLIENT CARE AT FOOTHILLS CENTRE ARE A DIRECT RESULT OF OUR DEDICATED STAFF'S ESSENTIAL CONTRIBUTIONS. WE EXTEND OUR SINCERE GRATITUDE FOR YOUR TIRELESS EFFORTS AND REMARKABLE PERSEVERANCE IN NAVIGATING ALL CHALLENGES. YOUR COMMITMENT IS TRULY EXCEPTIONAL.

## 10+ YEARS OF SERVICE

VAL CAMPBELL 35 YEARS OF SERVICE  
JAMES MACKAY 19 YEARS OF SERVICE  
COLLETTE RYOSTOCK 18 YEARS OF SERVICE  
GLENDA JENSEN 16 YEARS SERVICE  
DISHA SHAH 10 YEARS OF SERVICE

## 5+ YEARS OF SERVICE

WAYNE FINNISON 5 YEARS OF SERVICE  
CARLY MEADOWS 5 YEAR OF SERVICE

## UNDER 5 YEARS OF SERVICE

CYNTHIA CROW	ROSE HARBISON
JENNIFER LESTER	STEFANIE WANITSCH
ALEX HAWKINS	MEGHAN VANDENHOEK
AARON SMIT	CARRIE ZALES
HALEY GRAY	ANGELA HARRISON
CHRIS PINEDA	JOCELYN CHARTRAND
SHANNON PEDERSEN	ROB THIBEAULT
KRISTIEN ARSENAULT	DORNA MUSGROVE
ANIKA DIRK	BEVERLY SOUTHWIND



GLEND A JENSEN  
15 YEARS OF SERVICES

**We  
appreciate  
you all  
being  
a part of  
Foothills  
Centre.**





A HUGE THANK YOU TO THE FORT MACLEOD HEALTHCARE AUXILIARY FOR THEIR INCREDIBLY GENEROUS DONATION OF CHRISTMAS GIFTS FOR OUR FOOTHILLS CENTRE CLIENTS! WE TRULY APPRECIATE YOUR THOUGHTFUL SUPPORT.



WE WERE HONORED TO WELCOME MLA CHELSAE PETROVIC, LIVINGSTONE-MACLEOD, FOR A TOUR OF FOOTHILLS CENTRE.

EXECUTIVE DIRECTOR VAL CAMPBELL AND BOARD MEMBERS BRENT FEYTER AND LIISA GILLINGHAM WERE PRESENT TO MEET WITH CHELSAE AND DISCUSS THE IMPORTANT WORK WE DO.

THANK YOU, CHELSAE, FOR TAKING THE TIME TO VISIT AND SUPPORT OUR MISSION!



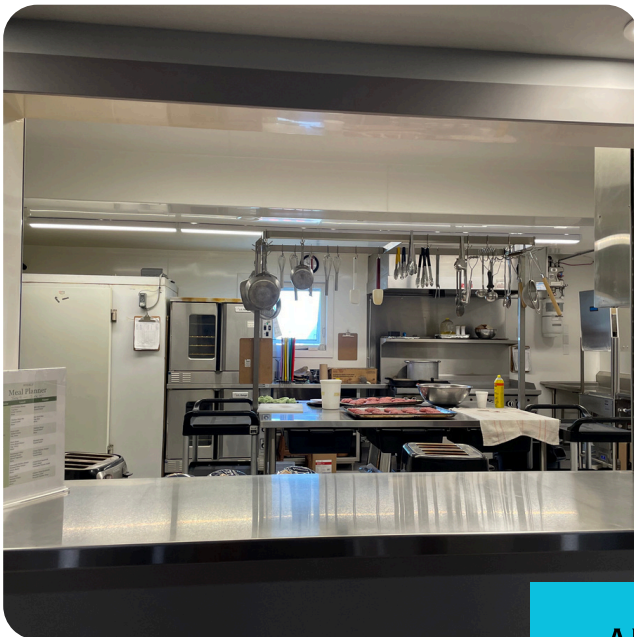




**KITCHEN RENOVATION  
UNBOXING NEW  
APPLIANCE**



**BEFORE**



**AFTER**





THE SUCCESS OF FOOTHILLS CENTRE  
IS A TESTAMENT TO THE COLLECTIVE  
EFFORTS OF MANY, AND WE WANT TO  
EXPRESS OUR HEARTFELT THANKS TO  
EACH OF YOU.



TO OUR INCREDIBLE STAKEHOLDERS, YOUR GUIDANCE AND BELIEF IN OUR VISION  
ARE FUNDAMENTAL. OUR COLLABORATING TREATMENT AGENCIES PLAY A CRUCIAL  
ROLE IN DELIVERING COMPREHENSIVE CARE, AND WE ARE GRATEFUL FOR YOUR  
PARTNERSHIP. THE GENEROSITY AND DEDICATION OF OUR VOLUNTEERS DIRECTLY  
IMPACT THE LIVES OF COUNTLESS INDIVIDUALS, BRINGING HOPE AND PRACTICAL  
SUPPORT EVERY DAY.

THANK YOU TO OUR SURROUNDING COMMUNITY FOR EMBRACING OUR WORK AND  
PROVIDING A SUPPORTIVE ENVIRONMENT.

WE ARE IMMENSELY THANKFUL FOR THE TIRELESS WORK OF ALL MEDICAL STAFF,  
WHOSE EXPERTISE AND CARE ARE VITAL TO OUR CLIENTS' WELL-BEING. AND TO THE  
BLOOD TRIBE DEPARTMENT OF HEALTH, YOUR PARTNERSHIP IS A CORNERSTONE OF  
OUR ABILITY TO SERVE THE COMMUNITY EFFECTIVELY.

YOUR COMMITMENT ALLOWS FOOTHILLS CENTRE TO MAKE A TANGIBLE DIFFERENCE.

THANK YOU FOR BEING AN INTEGRAL PART OF THE FOOTHILLS CENTRE FAMILY.

THE FOOTHILLS CENTRE TEAM