

# St. Leonard's Place Peel Newsletter



ST. LEONARD'S

*it's how we care*

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[www.stleonardsplace.com](http://www.stleonardsplace.com)

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## Nourishing Mind, Body And Soul

A healthy diet has long been recognized as being vital to reducing the risk of many physical health problems. Good nutrition is just as important for a person's mental health, helping with a number of conditions including anxiety and depression.

At St. Leonard's Place Peel we also see the value in using meal-time to bring people together. To this end the agency has made a number of enhancements to its meal program over the past several months. Today residents receive three delicious meals that are heart and diabetic friendly, prepared in our kitchen onsite and served buffet style in our newly renovated community



dining room. Residents can eat meals together while watching television or playing a game, all-the-while engaging in conversations that build friendship and a sense of community. The SLPP meal program utilizes healthy vegetables from the community garden project, where residents can take part in both planting and harvesting. This outdoor physical activity has been known to increase self-esteem, decrease loneliness, and improved mood, as well as working up a healthy appetite.

Recently, the meal program added buffet style hot breakfasts to its daily morning menu. This has been met with an overwhelming positive response by residents. Before, clients were served a-la-cart, but can now come together in the dining space to enjoy lower carb breakfast choices. "It's a good way to bring people together," says one of our residents. "The meal program is comforting and serves all the healthy staples. It's helped with health and weight loss too."

The meal program is just one of the new ways in which SLPP is creating an environment that focuses on wellness, community and inclusion. As the old adage goes - good food nourishes the body, mind and soul; we like to think it also nourishes community as well.

*it's how we care*

To learn more about ways you can support St. Leonard's Place Peel, please visit our website: [www.stleonardsplace.com](http://www.stleonardsplace.com). Thank you for your support and helping bring dignity & hope into people's lives.



# Planting Seeds And Watching Them Grow

SLPP's Community Garden Program is underway for the Spring/Summer season. Launched in the Spring of 2018, the garden project enables residents to work together to plan, develop and maintain gardening spaces while learning how to harvest and prepare the produce they grow. The garden also provides opportunities for residents to strengthen life-skills, achieve personal goals, socialize and develop relationships with each other and volunteers from the local community. The residents have also planted wild flower pots to help our bee friends



SLPP Resident

pollinate the garden. The harvest is shared with our kitchen to prepare delicious and nutritious meals each day. "The garden is great medicine," says a participant. "working the land reduces stress."

We are grateful to volunteers and friends of the program for enabling us to create beautiful, vibrant gardens and garden programming. We are actively seeking local business donations and volunteer support from the community to help us maintain and enhance our gardening programming. Please contact us for more information about how you can become involved.

# Housing.Access.And.Retention.Program (HARP)



St. Leonard's Place Peel is pleased to announce the launch of our new community based program HARP, developed to provide outreach services and housing support to homeless (or at-risk) men in the Peel Community.

HARP (The Housing Access Retention Program) is newly funded by the Region of Peel and directed towards adult men who find themselves stuck in the revolving door of the hospital or prison system and street living. HARP aims to interrupt the cycle of homelessness for these men by creating systems of support right at the point of hospital or court discharge.

SLPP received funding for a HARP Coordinator in Brampton, which has now been extended to offer Coordinator support for the Mississauga area as well. We believe every member of our community should have access to safe and affordable housing. This kind of support and stability helps people get back on their feet, finding both value and purpose in life. The HARP Program helps give homeless men this opportunity.

# SLPP Is Now A Smoke-Free Environment



As of July 2018, St. Leonard's Place Peel became a smoke free environment as part of our "Healthy Living" initiative. This aspect of our holistic care model includes supporting the treatment of nicotine dependency and at no cost to our residents. Smoking cessation support includes: assessment, counselling, group support, stress management, strategies for behaviour change, and withdrawal management with smoking cessation aids.

This is part of SLPP's Healthy Living Initiative to support residents in their health and wellness goals and promote a safe and healthy environment for all.

# Inaugural ICCA Conference 2018

On March 20th, 2018 SLPP proudly hosted "A United Voice for Corrections Forum" presented by ICCA (International Community Corrections Association) - Ontario Chapter. This was the Ontario chapter's inaugural event, drawing over 60 participants from across Ontario. The forum featured training and informational workshops on the topic of "The Opioid Crisis" and "The Impact of Aging on Work in Community Corrections".



The conference's keynote address was delivered by Independent Advisor on Correctional Reform in Ontario – Mr. Howard Sapers. Howard led an informative overview of his work involving Bill 195; a Bill that aims to make a number of transformational changes in approaches to

corrections. Howard was also the recipient of this year's ICCA Presidents Award. ICCA President Ellen Donnarumma from Community Resources for Justice in Boston presented Howard with the award and acknowledged his leadership in the field of correctional services. Mr. Saper's longstanding dedication to the sector and its work was described as "a moving force in Provincial Correctional Reform".

The conference concluded with a presentation and closing remarks by Perry Mason, a former Municipal Police Officer - who spoke passionately about restorative approaches to justice in our communities. Perry shared many experiences of international work with youth as well as his own personal family story to inspire our work. For more information about ICCA visit [www.iccalive.org](http://www.iccalive.org).

# Lifting Voices - Relaunch Of The Speakers Bureau

This Fall, SLPP will be relaunching its Speakers Bureau program. This initiative gives resident volunteers an opportunity to visit schools and organizations in the community to share personal stories of transformation.

The stories of our speakers give insight into the various personal and societal factors that often create situations of homelessness, addiction, and/or conflict with the law. These inspirational narratives not only help reduce social stigma, but also encourage community members to become involved in supporting organizations like SLPP in their work of rebuilding lives.



Dave is a resident and member of SLPP's Speakers Bureau. It is one of the ways in which Dave chooses to give back to the community. Dave's story involves struggles with addiction and a commitment to overcoming this battle. "I was down and out with addictions and alcohol," he shares. "I really needed stability, housing, and a substance free environment. St. Leonard's offered me the kind support and home I needed. A place to figure out where I was going for the rest of my life and a safe place to stay clean."

If you are interested in booking a speaker to share their story at your organization or local school, please contact SLPP's Communications and Fund Development Coordinator at [info@slpp.ca](mailto:info@slpp.ca) or 905-457-3611 x 222.



# Staff Spotlight

SLPP is run by a multidisciplinary team of dedicated professionals. The staff celebrated in this newsletter edition are two exemplary models of the agency's motto "It's How We Care".

**Jaydeep Atara** has been an SLPP employee for over 6 years. Jaydeep started as a Residential Attendant providing RPN support to residents. In 2016 he was promoted to Care Coordinator focusing on acute care and in this capacity has provided excellent health services to SLPP residents. Jaydeep is currently the lead liaison to the agency's community psychiatrists, he coordinates all doctor appointments, injections, medications and connections to external health services. Jaydeep also organizes the annual Hep C/HIV testing in partnership with Bloom Clinic as well as facilitates educational workshops on Diabetes Management, Heart Health and Smoking Cessation for residents. Beyond the medical aspect of his role, Jaydeep routinely provides his clients with supports in the areas of financial management, social reintegration and next stage housing. "knowledgeable" "hardworking" "compassionate" "competent" "caring" are just a few of the common adjectives used to describe Jaydeep, who SLPP considers very fortunate to have as part of its health care team.



**Samantha Robinson** has been with SLPP for over a year. The new role of Personal Support Worker was developed in 2016 in response to the overwhelming number of medically complex clients' needing support with activities of daily living. Samantha was deemed a perfect fit given her wealth of experience in personal support work from hospitals to community settings. She quickly adapted to SLPP's fast pace environment, earning the respect of clients who cooperate with her care plans without hesitation because they say she makes them "feel comfortable" and "at ease". The great effort she has put forth in helping clients achieve their personal best can be seen through the outcomes of her one-to-one and group education sessions. In 2017 Samantha developed and led a 20 week course on the topic of personal development and independent living that achieved great results. Samantha works with the conviction that every person has a purpose that they can achieve with the right care and support.

**Thank you Jaydeep and Samantha for your hard work and care!**

## Welcome To Our Staff Members

With great excitement, the agency welcomed a new wave of client support and administrative staff in 2018. They are:

### **Tobias Harrington - SLPP Care Coordinator – New Leaf and Rotary Resolve House Program**

Tobias has extensive experience and training in working with indigenous peoples that has led him to work in Aboriginal communities in Ottawa specifically. Tobias' long and strong history providing mental health, addiction and grief counselling services has been applied in both hospital and community settings.

### **Paul Godfrey - SLPP Care Coordinator – New Leaf and Rotary Resolve House Program**

Paul has worked as a Case Manager and Dialectical Behavior Therapist, Crisis Outreach Worker for Seniors, General Support Worker and has Supervised a residential living facility. Paul is an instructor for an Addiction and Mental Health Certificate Program at a local college. He also serves as a faculty advisory with a local university.

### **Donna Paul – SLPP Housing Access and Retention Program**

Donna has implemented and coordinated 'Housing First' program initiatives in Toronto and Fort McMurray, Alberta. As a Housing Worker, Donna has not only provided intense case management support to individuals dealing with poverty, but also mental health, trauma and addiction issues.

### **Ashley Donkor - SLPP Care Coordinator – Corrections/ Community Residential Facility Program**

In her previous role as a case worker with a housing agency in the United States, Ashley provided support to a variety of clients – mostly men transitioning out of prison or coping with mental illness. Ashley also worked as a Residential Counsellor for youth with involvement in the juvenile justice system.

### **Denise Gordon - SLPP Care Coordinator – Corrections/ Community Residential Facility Program**

Denise's passion for working with individuals dealing with mental illness, criminal deviance / conflict with the law has led her to work with a number of reputable agencies from the hospital to social services sector. Additionally, Denise holds over 16 certifications in a variety of mental health and safety trainings.

### **Ann-Marie Morris – SLPP Communications and Fund Development Coordinator**

Ann Marie has an impressive professional background in both communications and fundraising. In her last position, Ann-Marie's role involved fundraising and communication coordination with an agency that also provides support to homeless and socially isolated individuals.