

## **Report from the President of the ADSTV Foundation Board**

The ADSTV Foundation exists to support the work of the ADSTV Agency. Over the past year, we have focused on two major priorities.

We continue work to establish clear policies and guidelines to ensure management continuity for the Foundation into the future. This included further work on our policies and procedures as well as the development of a “Memorandum of Understanding” (MOU) between the Foundation and the Agency. The policy development has been led by our Board Secretary, Danielle Urquhart.

Our largest project for the past year was the recent 30<sup>th</sup> Anniversary Gala held on June 2<sup>nd</sup> at the Lamplighter Inn. When we set about to create this event, we had three goals in mind.

First, to celebrate ADSTV’s 30 years of helping people start their own personal recovery from addiction.

Second, to raise money to allow us to continue to support innovative new initiatives undertaken by the Agency such as “The Possible Campaign” and “Stage for Change”. I’m pleased to say this event was a financial success and raised over \$12,000! We owe a huge thank you to our sponsors who made that possible:

### **Our Silver Sponsors:**

- Blewett & Associates
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- Manulife

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- Davis Martindale

### **Our In Kind Sponsors:**

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And the many businesses and individuals who donated items for our amazing auction.

Third and most importantly, we wanted to start a conversation and to invite the attendees all to become Possibilitarians! The ADSTV Agency and Foundation cannot make the changes necessary to eliminate stigma on our own and we invited the attendees to join us. We now invite you, the reader, as well!

The most important thing you can do begins with you...I challenge you to rethink your own attitudes towards addiction. Too many people hide their challenges and successes because of fear of stigma and this often delays seeking help. You can be part of the movement to break the stigma!

I challenge you to change the way you talk about addictions with your family, friends and work colleagues. One simple idea I have been using is to start a conversation by saying:

*“The difference between those of us around this table (etc.) and someone who is addicted to a narcotic like OxyContin, could be as simple as a back injury.”*

You will be surprised where the conversation goes after that simple opening. Every time I have used this statement, I have heard stories of addiction...it's a simple way to reframe the idea of what it means to be addicted.

Our Foundation Board is small but mighty and we will be focusing on recruiting new members to the Foundation Board over 2016. Thank you to the dedicated Board Members who make all of this work possible:

- Danielle Urquhart, Independent Social Worker
- Jackie Ellefsen, Development Officer London Health Sciences Centre
- Michael Steele, Senior Financial Planning Consultant Manulife Financial
- Thomas Burnett, Investment Advisor CIBC Wood Gundy
- Michael Blewett, President Blewett & Associates Inc.

**Respectfully submitted by**

**Mike Steele, President  
ADSTV Foundation Board**