



**Sunshine Coast
Health Center**
Powell River, BC

Sunshine Coast Recovery News

Your Partner in Recovery

Summer 2008

Mr. Thompson Takes the Helm

Sunshine Coast is pleased to announce the promotion of Geoff Thompson, MA, CCC, to Program Director. Since joining us in July of 2007, Geoff has demonstrated an exemplary ability to connect with clients. An extensive background in both residential and outpatient addiction treatment has helped Geoff keep things in perspective when clients feel overwhelmed by the challenges of recovery.



**Geoff Thompson,
MA, CCC**

In addition to his work with clients, Geoff brings a fresh enthusiasm and curiosity to the business of addiction treatment. During this time of positive change at Sunshine Coast, management is confident that the clinical program is in good hands with Geoff.

Before coming to Sunshine Coast, Geoff spent several years as a Clinical Addictions Counsellor at Maple Ridge Treatment Centre, as well as managing two provincial government non-residential treatment programs. He volunteers his time as Executive Director of INPM, a learned society, and is managing editor of the International Journal of Existential Psychology and Psychotherapy. In 2006, he was program director of the largest addictions conference ever held in North America. He is the author of *A Long Night's Journey into Day*, an in-depth look at cutting-edge treatment, as well as dozens of articles on recovery.

"I'm excited to be part of such a progressive facility that is dedicated to providing the best services possible to men suffering from addiction."

A New Focus on the Family

Cathy Patterson- Sterling, Program Director since April 2006, is now working full-time as the Director of Family Services. While Cathy was a superb Program Director, additional offerings of the Couples & Family Program grew to the point where being both Program Director and working with family members was no longer viable.



**Cathy Patterson-
Sterling, MA, RCC**

By allowing Cathy to focus her efforts on the family, clients can expect to have a more constructive recovery environment when they return home following treatment. With a freed up schedule, Cathy now has the time to work with families as early as their loved one's date of admission right through to after the client has returned to their home community.

According to Cathy, "I am glad to be part of a program that recognizes the power of the family in the treatment of addiction and look forward to taking our work with families to a whole new level."

Revamped Website Worth a Look!

After 8 months in development, Sunshine Coast is pleased to roll out our new website! As we tried to squeeze more and more content into our old site, we realized that we had outgrown it and so we came up with a new layout. What we didn't anticipate is how long it would take to get the new site up and running. Perhaps a reason for the delay was the challenge of trying to achieve three objectives in one site that includes:



1. providing individuals, families, and health professionals with useful yet comprehensive information on addiction,
2. promoting Sunshine Coast and the programs & services it offers,
3. being user friendly.

Despite the delay, we think you will be pleased with the results. We have paid particular attention to site navigation so that you can find what you need as quickly as possible.

At Sunshine Coast, we are committed to "opening the doors" on addiction and its treatment and so we hope you find our new website a reflection of this commitment to transparency.

Couldn't Have Happened to a Nicer Guy!

Alumni now have a full-time on-site contact person to assist them with their life in recovery. Long-time Sunshine Coast employee Darren Nivens is now Alumni Support and will work directly with clients preparing to return to their home communities. Darren is also available to support the over 400 alumni that have come through our program since March of 2004. We wish Darren all the best in his work with clients and alumni alike!

An Alumni Passing

It is with sadness that we learned of the passing of Nicolas (Nico) A. on the 14th of June. Nico was 21 years old. Staff remember Nico as a sweet, considerate young man who was very proud of his parents when they visited for Family Program. Nico was with us November 2006 to January 2007. Our hearts go out to his parents, siblings, grandparents, and many close friends.

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