

Phoenix Drug & Alcohol Recovery and Education Society

Little House

2023 Report to the City of Delta

April to December 2023

Summary of 2023 Actions – Section 5 (a) i

- 49 new clients in 2023 from April through December, 224 total counselling sessions.
- Thirteen regular 12-step group and recovery meetings hosted each week, in person or via video, from April through July. Fourteen regular meetings hosted from August through December.
- Stable use of meeting rooms and rental revenues.
- Presentation to parents at South Delta Secondary School.
- Continued membership and monthly participation in the Recovery Community Centre collective, Delta Community Action Team.

Section 5 Report & Services Plan

Little House provided 224 counselling sessions from April to December. There were 49 new clients.

Referral sources for new clients:

39% - from family and friends

13% - from 12 Step programs & SMART meetings

23% - from Delta Mental Health & local Physicians

19%- from Online

6% - from the justice system (probation, police etc.)

0% - from word of mouth

Compared to 2022/23, the proportion of referrals coming from meetings and mental health resources increased, while the proportion coming from family and friends and online sources decreased.

Gender breakdown (all clients):

-57% self identified female

-43% self identified male

Compared to 2022/23, the percentage of self identified male clients increased slightly from 40% to 43%.

Age distribution (all clients):

-7% aged 11 – 18

-15.5% aged 19 – 29

-19% aged 30 – 39

-15.5% aged 40 – 49

-43% aged 50 and over

Compared to 2022/23, the percentages of clients aged 40 to 49 increased, and the percentage aged 50 and over decreased.

Program Annual Attendance 2022-23

Program	Attendance in 2022	Attendance April-Dec 2023
12- Step Recovery Group Meetings (including Zoom meetings)	Daily/weekly 9,200 (approximate)	Daily/weekly 7,9350(approximate)

Attachments:

1. Little House Statistics April through December 2023

Prepared by:

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Date: ____ March 15th, 2024_____