



Annual Report

June 1, 2004 – May 31, 2005

THE
Southdown
INSTITUTE

Accredited
Canadian Council
on Health Services Accreditation

For almost 40 years the Southdown Institute has been evolving from its genesis as a place for alcoholic clergy to find sobriety and recovery, into the multi-disciplinary centre that it is today. Although Southdown today assesses and treats the entire spectrum of psychological disorders, its roots are planted in the recovery process of the 12-steps of Alcoholics Anonymous. This report on the work of the Institute over the past year will highlight those roots by looking at our current reality through the lens of our foundation as a centre for the treatment of addictions.

Clinical understanding of the destructive power of addiction has grown tremendously since Southdown opened its doors in December, 1966, to a small group of priests seeking sobriety. We now recognize that substance abuse and dependence often mask depression, anxiety and a host of problematic behavioural patterns designed to protect against emotional reservoirs of loneliness, fear of abandonment, shame and guilt, resentment and anger. We have seen the technological explosion of the past 40 years make it clear that addiction does not require the ingestion of a substance. The same mind-numbing, mood-altering and reality escaping biochemical reaction in the human brain can be triggered by the adrenalin rush that comes from using a credit card or a slot machine, surfing the internet or

playing computer games, seeking connection with others without the demands of intimacy or, attempting to soothe inner wounds with the illusory comfort of food. We have learned that regardless of the substances or activities involved, addictions are frequently the result of the chronic residue of serious traumatic experiences that shatter self-esteem, reasonable trust of others, and hope for the redemptive love of God.

That persons suffering from such pain still respond to a call to serve others in ministry is one of the remarkable examples of God's grace-filled action in our world. That such people find the experience of ministry overwhelming, despite heroic efforts on their part, is a testimony to the desire of human beings for goodness and redemption. That healing, recovery and sobriety are experienced first hand by those called to be ministers of healing for others is what makes Southdown truly 'holy ground'.

Dramatic improvements in medical and psychotherapeutic interventions for individuals suffering from addictions have occurred since 1966. Southdown has maintained its position as a leader in the field of treatment by including all of them in our work with men and women seeking freedom and responsibility for their lives. However, the basic principles of the 12-steps remain the cornerstone of our treatment protocol.

Successful recovery from all of the illnesses and disorders treated at Southdown require honest acknowledgment of the unmanageability of life, the need for the assistance of others and the help of a power greater than ourselves. Of all of the lessons learned in nearly 40 years of involvement with the work of recovery, we continually and invariably learn what St. Paul learned in his own recovery program nearly 2000 years ago, *"My grace is enough for you, for in weakness power reaches perfection (2 Corinthians 12:9).*

THE WORK OF THE INSTITUTE DEPARTMENT OF ASSESSMENT AND CONSULTATION

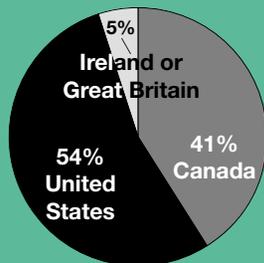
During this year, 172 individuals completed the week long assessment program. 9% were ministers of denominations other than Roman Catholic. All assessments, whether clinical or vocational, are conducted by an interdisciplinary team of professionals including psychologists, psychiatrists, nurses, spiritual directors and addiction counselors. The addiction interview explores thoughts, feelings and behaviors in a broad range of domains including: use of alcohol and other substances, sexuality, work, gambling, financial management and eating. Individuals are asked specific questions about behaviors in each of these domains, including the frequency, the timing and the situational triggers involved



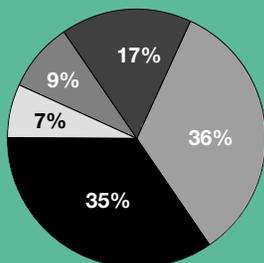
Joanne De Laurentiis
Chair of the Board



Ray Dlugos, OSA, PhD
CEO



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Types of Addictions Addressed

- Alcohol difficulties
- Compulsive sexual behaviour
- Eating problems
- Gambling
- Compulsive spending

in any problem behaviors. The assessment process may also make use of the Substance Abuse Subtle Screening Inventory-3 (SASSI-3), an empirically validated self-report questionnaire assessing the likelihood of substance abuse problems.

Of the individuals assessed, 54% were from the United States, 41% from Canada, and 5% from Ireland or Great Britain.

DEPARTMENT OF RESIDENTIAL AND AFTERCARE SERVICES

In 2004 - 2005, the demand for residential treatment at Southdown was greater than any other year in its history, and 5% higher than the previous year. A total of 139 individuals participated in the residential treatment program, including 40 women and 99 men. Of these, 36% were members of male religious orders, 30% were diocesan clergy, 28% were women religious, and 5% were ministers of religious denominations other than Roman Catholic. 62% of the residents were from the United States, 30% were Canadian, and 8% hailed from Ireland and Great Britain.

The addictions track of the residential program included 57 residents. Of these, 36% dealt with difficulties with alcohol, 35% with compulsive sexual behavior, 17% with eating problems, 9% with gambling, and 7% with compulsive spending.

The addictions track includes: two groups per week focusing on skills for recovery, individual addictions counseling with one of our two certified addictions specialists, Christiana Ashabo, ICADC, and Colin Casey, ICADC, and participation in community based 12-step groups. Along with daily group psychotherapy, individual psychotherapy, spiritual direction, psychiatric consultation, bioenergetic and expressive therapies, and physical fitness programs, all residents participate in a weekly psycho-educational series. Coordinated by Wendy Cope, MA, C. Psych. Assoc. this series is directed toward increasing residents' awareness of their capacity to respond more appropriately to stressful and traumatic situations.

Motivated by the directive of Southdown's Mission Statement to "effectively integrate the best of psychological science and practice with the wisdom of the Catholic spiritual tradition," several days dedicated to the work of integration were added to the clinical program. On these "Spiritual Integration Fridays," staff provide input on various methods to bring each resident's therapeutic task into dialogue with their spiritual, ministerial and communal lives. The Sacrament of Reconciliation and a Eucharistic celebration involving both the staff and residents are available on these days.

In this year, 100 people completed the residential program and entered aftercare. Of these, 82% were able to return to full or part time ministry or life within their religious community or diocese while 10% chose to engage in further discernment before making a vocational choice and 8% were required to leave active ministry due to health concerns or the Church's concern for their safety.

Participants in the Southdown Connections program included 156 individuals. It is a standard discharge recommendation that individuals who were engaged in the addictions track return for a Connections Workshop three months after discharge, in addition to the usual workshop after six months. This recommendation is based on the empirically demonstrated wisdom that the greatest probability of addiction relapse occurs within 90 days of discharge from a residential treatment facility. During the past year, 27 individuals followed this recommendation.

The Canadian Council on Health Services Accreditation (CCHSA) recently recognized the Residential and Aftercare Department of Southdown for excellence in its manner of working collaboratively with the referring leadership of residents and, for its extensive, ongoing contact with residents after discharge. These two activities have been recognized as "Best Practices" by the CCHSA.

DEPARTMENT OF OUTPATIENT SERVICES

On January 1, 2005, Southdown's Department of Outpatient Services relocated its operation from Eglinton Avenue in downtown Toronto to the main



Christiana Ashabo



Colin Casey



Wendy Cope

campus of the Institute in Aurora. This change allowed outpatient services to continue to be offered by members of Southdown's clinical staff without having to impinge upon Residential and Aftercare program hours to provide these services. Southdown Consultation Services continues to offer individual and group psychotherapy, addictions counseling, spiritual direction, and bioenergetic therapy to clergy and religious as well as lay persons. In the past year, Southdown staff provided 820 hours of clinical service to 111 individuals on an outpatient basis. These hours included 330 of individual psychotherapy, 145 hours of addictions

counseling, 135 hours of bioenergetic therapy, and 53 hours of spiritual direction. Outpatient clients include 86 clergy and religious and 25 lay persons.

DEPARTMENT OF RESEARCH

Now in its second year of full-time staffing, the Research function at Southdown has begun a systematic effort to formally assess the effectiveness of the treatment program. Using a longitudinal design to follow the progress of residents from their first week at Southdown through their transition from residency to their first and then final Connections workshops, residents who agree to participate in this project will contribute to this valuable knowledge base.

In collaboration with the Committee on Continuous Quality Improvement, we have also initiated a project to assess satisfaction with our Assessment and Residential Services. All leaders of dioceses and religious congregations who have had members complete either an assessment or the residential program during the final six months of 2005 will be surveyed.

Thanks to the generous funding of an anonymous granting foundation, we have been able to continue our study of Canadian religious and clergy who have engaged in sexual misconduct with adults or minors. Many of those in this study have demonstrated a pattern of boundary violations. The findings of this study, due to be finalized early in the coming year, will shed light on our understanding of this form of addiction.

DEPARTMENT OF EDUCATIONAL AND OUTREACH SERVICES

The Mission Statement of the Southdown Institute commits us to "assisting the Church to provide healthy ministers and develop healthy communities of faith." To this end, Paul Cartan and David Louch provided the Southdown staff with an in-service workshop on "Effective Presentations for Adult Learners" that has had a marked impact on the quality of our educational and outreach services.

The Carter Centre hosted an ongoing educational series for the Recently Ordained Priests of the Archdiocese of Toronto, an ongoing Consultation Group for Formation Directors, and workshops on community living, religious leadership, and tending to the needs of aging religious and clergy. The Carter Centre continues to be a well-used resource for meetings, retreats, days of reflection and sabbatical time for individual leaders, leadership teams, parish staffs, school faculties, and church and community service groups.

Southdown staff members have provided educational workshops and facilitated meetings of diocesan presbyterates, religious communities and leadership teams, ministry preparation programs, and parish staffs. Highlights of these efforts include presentations to:

- The International Augustinian Formation Conference, Rome, Italy
- The International Institute for Clergy Formation
- The Conference of Major Superiors of Men
- Military Chaplains of the Canadian Armed Forces
- The National Conference of Diocesan Vocation Directors of the United States
- The Catholic Health Association of Ontario
- The Center for Clinical Ethics
- The Annual Research and Treatment Conference for the Treatment of Sexual Abusers
- The European Conference of Body Psychotherapy

- The National Organization for the Continuing Education of the Roman Catholic Clergy
- The Center for the Study of Religious Life
- The National Association of Vocation and Formation Directors of Canada

Southdown staff also published articles in journals for vocation and formation directors, leaders of religious congregations, group psychotherapists, and psychologists.

PROFESSIONAL STAFF

The experience and commitment of the clinical staff remains the most valuable asset of the Southdown Institute. Maintaining the outstanding quality of our inter-disciplinary team of professionals is of vital importance to the ability of the Institute to carry out its mission. During this past year, three members of the professional staff, Psychiatrist Karl Loszak, MD, Aftercare Director Louise Bray SC, MSW, and Educational and Outreach Services Director David Louch C.Ss.R, ThD, left Southdown to serve elsewhere. In their places, Harold Grossman, MD joined the staff as a psychiatrist and Mary Buckley GSIC, MA will join the staff as an Aftercare Specialist in November of 2005. CEO Ray Dlugos OSA, PhD has assumed the duties of Director of Education and Outreach Services.

Southdown offers internship level training to clinical professionals with a clear interest and commitment to serving the mental health needs of clergy and religious. Josie McKechnie CSJ, PhD, completed a pre-doctoral internship during this past year and has begun a post-doctoral internship to fulfill the requirements for registration in the College of Psychologists of Ontario. Upon completion of those requirements, Dr. McKechnie will re-assume the directorship of the Family Enrichment Centre in Sudbury, ON, founded by the Sisters of St. Joseph of Sault Ste. Marie. Fr. Paul Therly O. Praem., PsyD, is currently engaged in a post-doctoral training fellowship at Southdown. A native of India and a trained clinical psychologist, Paul hopes to be able increase and improve mental health services available to clergy and religious in India.

NEW INITIATIVES AND CHALLENGES FOR 2005 - 2006

Celebration of Our 40th Anniversary

Southdown will be 40 years old on December 15, 2006. In addition to expressing gratitude to those who have made Southdown possible through their work as board members, staff and partners in mission, we are planning two significant ways of commemorating and sharing our heritage of healing hearts, minds and spirits. A compact disc (CD) containing major articles published in the *Covenant* since its inception as the Institute's newsletter in 1985 will be distributed to religious and diocesan leadership throughout the world. The format will allow each of these articles to be reproduced and distributed easily for any who might benefit. As well, several members of the staff are collaborating to publish a collection of essays that will share their expertise and wisdom regarding good mental health for clergy and religious. It is our hope that this publication will be a valuable resource for leaders responsible to calling clergy and religious to healthier lifestyles.

Needs Assessment

In collaboration with Saint Luke Institute, St. John Vianney Center, and Guest House and with the help of the Center for Applied Research in the Apostolate (CARA), Southdown will attempt to systematically assess the future needs of the Church for the services of residential treatment centres. As a result of this project, these institutions can prepare to deliver the

assessment, treatment and educational services of most value to the Church in the coming decades.

Sixth North American Conference for Bishops and Major Superiors on Critical Personnel Issues

Held bi-annually for over a decade, this conference is scheduled for March 12-14, 2006, in Silver Spring, MD and March 26-28, 2006, in Toronto, ON. The staffs of the Saint Luke Institute and the Southdown Institute will pool their resources to provide Church leadership with up-to-date education and training to respond to the clergy and religious entrusted to their leadership. The theme of next year's conference is "Healthy Leaders, Healthy Leadership, Healthy Church."

REVISITING HISTORY WITH GRATITUDE

Southdown's history began with the struggle of one priest suffering from alcoholism to find sobriety and peace and his passion that others might find the same. This priest, the late Monsignor Clem Schwalm of the Archdiocese of Toronto, believed that the most effective foundation from which clergy might engage in recovery from addiction would be built and sustained by the dedication and commitment of the laity. Southdown was founded by and continues to be governed by a Board of Directors whose membership has always been primarily Catholic lay persons. The reality that nearly 3,500 clergy and religious from every corner of the world have sought and found healing from their suffering and holiness in their vulnerability may well be the most valuable gift that the laity of Canada has given to the Universal Church.

This year Joanne De Laurentiis, a member of the Board of Directors since 2000 and CEO of the Credit Union Central of Canada, became the first woman to serve as Chair of the Board. The other members of the Board of Directors are:

<i>John Gennaro</i>	<i>Michael Wren</i>
<i>Denise DePape</i>	<i>John Corso</i>
<i>Brian Chapman</i>	<i>John McGrath</i>
<i>William Volk</i>	<i>Sister Margaret Kane, CSJ</i>
<i>Reverend Mark Sargent</i>	
<i>Archbishop James Weisgerber</i>	



Monsignor Clem Schwalm

In 1998, the Emmanuel Convalescent Foundation was established as a separate, non-profit charitable organization to administer the material assets of Southdown, including the management of a modest endowment fund. Members of the ECF Board are:

<i>Peter Sweeney, Chair</i>	<i>Michael Wren</i>
<i>Thomas McCarthy</i>	<i>Mark O'Regan</i>
<i>Joanne De Laurentiis</i>	<i>Ray Dlugos, OSA</i>

Numerous benefactors, including individual priests and religious, dioceses and religious congregations, lay persons and organizations of laity such as the Catholic Women's League of Canada and the Daughters of Isabella, have generously supported the mission of the Southdown Institute over these years. While fees paid by the dioceses and religious communities largely cover the costs of assessment, residential, aftercare and outpatient services, we depend on these donations and the support of the Foundation to help fund the research and educational initiatives. Additionally, an increasing number of clergy and religious, unable to afford treatment that is desperately needed, are seeking services from Southdown. The generosity of our benefactors allows us to meet some of this demand. All donations are gratefully received and are deductible for income tax purposes. With this support, Southdown will continue to be the holy ground where "in weakness power reaches perfection" (2 Corinthians 12: 9).

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