



HOLIDAY GREETINGS!

December 2010

Dear Friends;

As we prepare to plunge into the bustle of the holiday season, we at the Dave Smith Youth Treatment Centre want to say, **“Thank you!”**. Thank you for taking the time to look beyond the harsh exterior of addiction and see the youth. This year hundreds of young people, families and their communities are healing because you chose to help.

Youth experiment with drugs and alcohol, we all know that. It's those who cannot stop despite the fact that the fun is long gone; they've lost the trust of their family; they've lost healthy friendships and their own self respect. For these youth day treatment is often not enough.

Now, the Dave Smith Youth Treatment Centre is able to offer evidence based residential treatment programs never before accessible in the Province of Ontario from facilities based in Carp and Carleton Place.

Your support has helped young people like Brittany, for whom day treatment programs were just not enough, have *hope*. Many can, for the first time, envision a life without the haze of substance and begin to plan a healthy productive future...**THANKS TO YOU!** *...con't page 2*

A letter from Brittany...

18 years of age and here I sit at the Dave Smith Youth Treatment Centre. How I got here you ask? Long story short, for ten years now I've been suffering with addiction, something that tears the soul out of so many beautiful people.

At first, it was an escape, just feeling “accepted” overall, having a good time. Slowly the emotional, mental and physical pain became unbearable. I became dependent. Seemed like it was too late...I went to a few detoxes but I needed something more.

The waiting process for treatment may feel like forever, but patience is a virtue....and it's so true. Life is like a roller coaster, you've got your ups and downs, but you have to work hard for the good things in life. Being here has made me more aware and insightful for what brought me to their doorstep. Here I work on coping skills and to build a foundation for when I graduate to prepare myself for reality. Being high I felt like I couldn't relate with others when sober. Although this place has truly opened my eyes, we're all alike in many ways our flaws only make us more beautiful...once we deal with them that is.

Once I graduate I plan to start my life in Ottawa, eventually make my way over to British Columbia. So many directions I'd like to go, but I want to work hard to appreciate what life has to offer and not take things for granted. Over time I'll excel in my talents such as drawing, poetry and get involved in community theatre. Overall, I just want to pay it forward and help others as much as this place is helping me.

Brittany is a soft spoken 18 year old with an enchanting smile who was healing at our Carp Campus. We thank her for sharing her story.



What would bring an 8 year old child to hide in substance? You and I may never know. What really matters is that there is now a treatment program available to help that *meets her needs*. It matters that when a youth leaves residential care a member of our new Assertive Continuing Care team will be available to help. They'll open doors, encourage, coach and reach to her if she stumbles. It matters that our new Family Support Network will be there to guide her family, educate them and help them heal their relationships.



This is the new Dave Smith Youth Treatment Centre. The Carp and Carleton Place facilities are housed in temporary sites until funds can be raised to build a permanent facility in Carp. In the meantime, we'll continue to add proven new treatment programs, expanding our reach to the youth and families who need us in your community.

You are an essential member of our team. Many of our accomplishments made over the last 17 years could not have happened without you. **If you should find yourself able to continue to help by making a contribution this holiday season, we would be very grateful.**

Whether you are lighting the menorah or decorating the tree may you be in the company of those you love this holiday season. **Happy Holidays!**

Carolyn Piché,
Development Manager

YES! I want to help youth like Brittany succeed with a gift of \$ _____

First and Last Name: _____
(please print)

Mailing Address: _____

- My cheque is enclosed (payable to Dave Smith Youth Treatment Centre)
- I would like to make my donation by: VISA MASTERCARD American Express

Credit Card # _____ Expiry date: ____/____

Signature: _____

We want to get it right for you ...

- Please correct my contact information:

Name: _____

Address: _____ City: _____ P.C. _____

- I would like to make monthly contributions of \$ _____ beginning _____ (date)
 - I have enclosed 12 postdated cheques.
 - Please use my credit card information is above.
 - I would like to receive your e-newsletter at: _____ (email address)

Donate online at: www.davesmithcentre.org