

Information for Clients

Addictions & Mental Health Services Residential Program for Adult Men:

- The program is intensive and highly structured with group sessions or structured activities scheduled in the morning, afternoon and evening 6 ½ days per week. The only “free” time is between noon and 3:45 p.m. on Thursday afternoons and restrictions apply.
- Strict focus on the program is required and an effort to minimize outside distractions is expected. Clients are not permitted to attend outside appointments of any type and are strongly discouraged from attempting to take care of any type of personal or employment business while in the program.
- Clients are required to have confirmed accommodations following completion of the residential program. Also, it is expected that arrangements are made for aftercare or continuing care, which is an important part of a comprehensive treatment plan.
- All clients, regardless of their travel arrangements, must bring a refundable or exchangeable return bus or train ticket or pre-paid visa/MasterCard. This is non-negotiable.
- Programming is based on cognitive/behavioral (thinking/acting) theory and there is no 12 Step content in the program. If they wish, clients may, and are encouraged to, attend community 12 Step meetings after the evening groups.
- Individual sessions with staff are related to discussions about treatment goals, progress in the program, and aftercare plans. Given the short duration of the program, there is no issue-based individual counselling, which is work better suited to the longer term relationship with a outpatient addiction counsellor.
- No visitors or visiting is permitted for the duration of your stay, including during free time on Thursdays.
- Special diets cannot, unfortunately, be accommodated. Meals are based on Canada’s Food Guide and healthy snacks are always available. Outside individual size beverages and snack foods in original, sealed containers are permitted, but clients are not permitted to bring on the property other types of outside or take-out food or beverages.
- A pay phone is located in the residence for clients. Direct calls in to clients are not possible, but messages can be left at the office and passed on by staff.
- Clients are permitted to use the residence laundry facilities (soap provided) for one load of washing per week. A laundromat is located nearby and may be used on Saturday afternoons.
- All bedding and towels are provided and each bedroom has two single beds, two dressers and two night stands with lamps and alarm clocks.
- A client who smokes cigarettes must be able to demonstrate that he has sufficient resources to support himself for the duration of his stay. The policy against

borrowing or lending money or cigarettes is strictly enforced. Smoking is permitted outside the residence in designated areas.

-2-

What to bring:

- Seasonally appropriate comfortable clothes. Consideration should also be given to outdoor wear because clients go on a walk every morning and also walk to community meetings. Footwear worn outside may not be worn inside the residence (to reduce cleaning) so you may want to bring slippers for indoor use.
- Clothing or hats advertising or glorifying alcohol or drug use are not permitted.
- Personal toiletries and hygiene products.
- A phone card for the pay phone – easier than trying to use change.
- Your health card, in case you need to go to the walk-in clinic for some reason.
- If you wish, you may bring a personal MP3 player with a head set. Any device that is Wi-Fi compatible may only be used Thursdays during personal time.

What not to bring:

- A vehicle. You cannot bring it to the residence and may not use it during your stay, there are no municipal lots where it may be parked during your stay.
- Any type of electronics, with the exception of a personal CD player or MP3 player with head set. The restriction includes laptops, handheld video games, etc. Clients are permitted to use cell phones during personal time on Thursday afternoons only.
- Unapproved medication or over-the counter drugs, herbal preparations or vitamins. All approved medications must be in original containers marked with your name, the medication name and dosage. Any pre-approved over-the counter medications must be in original sealed containers.
- Anything that could be considered a weapon. For example, straight edged razors, scissors, pocket knives, etc.