

The Strength Program

Client Handbook

Welcome to the Strength Program

We look forward to working with you to help you create and attain your treatment goals. The length of stay is based on an individualized treatment plan that is created by you and your treatment team, usually within the first week of your stay. A stay can last up to 12-16 followed by 24 weeks of aftercare. For most clients, a residential stay is only the first step in recovery. Your treatment team will work with you to develop a recovery and discharge plan for the weeks and months after you leave Strength Program. We strongly encourage you to consider following up with possible group and/or individual support once you return to the community. We have a wide variety of treatment options and many community partners that are available to assist you in recovery. Please feel free to ask any questions you have regarding these possibilities.

Philosophy

The Strength Program works with clients struggling with Mental Health and Addictions issues who are hoping to achieve a happier and healthier lifestyle. Staff recognize how difficult this is in making changes despite all of life's challenges, we will help you focus on healthy alternatives and positive coping methods. We take a holistic approach to treatment and look forward to working with you and your families/support people.

Program Information

The Strength Program runs up to four month and offers 12 beds in a 24/7 residential facility. Client intakes are continual.

Daily programming begins at 8:45am and runs until 3:30pm. There is also evening programming within the residential component to explore further life skill opportunities, community resources and self-help services.

This provincial program offers counseling, educational curriculum, life skills development, family, and parental support. The program will offer one-on-one treatment, group treatment and an individualized case process tailored to your needs.

Please note the doors to our facility are locked from the outside to maintain the safety, security and confidentiality of our clients. Your stay is voluntary and if you are considering leaving, please discuss this with our staff and we will assist in getting you home safely.

Smoking:

Smoking is not permitted at the Strength Program. Clients who presently smoke will be offered nicotine replacement therapy during their stay.

Dress Code:

The purpose of a Dress Code is to promote a respect for self and others and to encourage a positive and professional learning environment which focuses on a proper work attitude, reducing distractions and improving performance. An acceptable standard of dress is required of all clients. Clients shall not wear clothing that is considered inappropriate or revealing. This includes any clothing that portrays a message whether visual and/or written that is profane, demeaning or promotes the use of alcohol, tobacco, drugs, violence or discrimination in any form. Undergarments are required but are to remain covered at all times. Staff reserve the right to further define the term "inappropriate" or "revealing" as circumstances require. Clients failing to comply with the Dress Code will be required to change into appropriate dress.

What to Bring:**Clothing:**

Event outfit (court, job interview, professional meeting)

7 pairs of pants / shorts

7 - 8 shirts

Underwear (1-week supply)

Socks (1-week supply)

1-2 pairs of sweats (rec activities)

2 pairs of pajamas

Bath robe

Slippers

1 Flip flops (shower)

Make-up to be kept to an extreme minimum

Seasonal:

5 sweaters

4 pairs of shorts

1 set swim wear

2 sandals / casual shoe

1 pair winter boots

1 winter coat

1 summer coat

Hat/gloves/mittens

What Not to Bring:

The Strength Program is a scent free zone. We ask that the following items are not brought into the program.

- Perfume, cologne, body spray
- Cigarettes or a Vape

- Aerosol hair sprays
- Nail polish/nail polish remover
- Energy drinks
- Food
- Cameras
- Excessive amounts of clothing as space is limited
- Cash in excess of \$20.00

Our Values

Be present: Mentally, physically, and emotionally. Be on time. Honor the commitment of others by giving fully of yourself.

Pay attention: Listen to what others say and focus on understanding the ideas. Try to minimize distractions that take your focus away from the activity. Please let us know if you find it difficult to focus.

Speak your truth: Share your thoughts and opinions openly and honestly. Your opinion is as valid as anyone else's. Don't hold back your opinions and ideas, what you withhold may be the critical piece of information or knowledge that the group needs at the moment.

Be open to outcomes: Try not to prejudge what is happening. Be positive about what you can learn and experience. Be open to new insights and ideas.

Create a safe environment: Be aware and sensitive to the impact of what you say and do. Create a level of safety for others to allow them to feel comfortable. Point out any issues or concerns that may affect this safe environment.

Things we'll talk about

During the Strength Program, we will help you work on a variety of skills. We will be building life skills which will help you move forward in your recovery. Examples of the areas we will talk about include self-esteem, family, healthy relationships, communications, making healthy choices, goal setting, developing trust in others and yourself as this all relates to your addiction and mental health recovery process.

Support for Youth Program:

The Strength Program recognizes the importance of involving family and significant others in the treatment process. Family/support person involvement is essential whenever possible. Participants will help determine significant people within their lives who are supportive.

Family support services will be offered to all participants of the Strength Program. CRAFT program will run consecutively with the Strength Program. The CRAFT program will be held once a week.

Education Program:

Participants in the Strength Program are expected to work on High school Curriculum, GED preparation or Life Skill for two hours each day. Participants, along with the teacher will develop educational plan to be followed while attending the program. The teacher will communicate with your school regarding curriculum, reports and progress on a regular basis.

Your Treatment Team

- Your Treatment Team**
- Mental Health Therapists
- Registered Nurses
- Youth Counselors
- Youth and Family Counselors
- Addiction Youth Workers
- Teacher
- Occupational Therapist

Your treatment team is here to offer you guidance and help you create and attain your treatment goals.

Expectations

There are several guidelines for all clients. These guidelines are strongly encouraged so that everyone has a safe and therapeutic environment. Therefore, we ask that you:

- Participate in a normal daily routine, including being up throughout the day, attending meals, and going to bed by a certain time.
- Remain on the unit unless escorted by a staff person.
- Clean up after yourself in your bedroom and common rooms.
- Attend all offered daily programs and groups. AA/NA groups are encouraged and beneficial to recovery.
- Be honest. Share and be honest with yourself and others.
- Follow additional program rules and guidelines as reviewed upon admission.

- Be active, respectful and non-judgmental while participating in **all** aspects of the program.
- Be on time and ready to engage in group work.
- Abstain from all tobacco, substance use and gambling behavior throughout the program. Do not bring any of these items on to the property.
- Not bring any weapons, such as knives, or any sharp objects into our facility.
- “Drug talk” is not permitted.
- No romantic or sexual involvement with other clients. Please focus on yourself and your own recovery. You deserve it!
- Be open to outcomes. Try not to prejudge what is happening. If you have preconceived notions about what you will learn or experience, you may limit your ability to perceive other insights and ideas.
- Create a Safe Environment. Be aware and sensitive to the impact of what you say and do. Create a level of safety for others to allow them to feel comfortable. Point out any issues or concerns that may affect this safe environment.

Our program has a zero tolerance for the following behaviors: physical and/or verbal acts of aggression or intimidation, any language or behavior that discriminates another person or group of people based on their cultural heritage, ethnicity, gender, sexual or gender orientation, socio – economic status. Such behaviors may result in your immediate discharge from program.

Room and Personal Items

During your stay some of your personal belongings may be held in a locked room on the unit. These items include; wallets, cell phones and other electronic devices. This is for security and confidentiality purposes. Clients who bring in excessive items will be asked to pack them and set them aside to return home. Everything that is brought on the unit will be searched.

Sharing personal items is strongly discouraged and cell phones are not permitted unless you are off-site for an overnight.

Meals

Meals are provided three times a day: Breakfast is at 8 am; Lunch is at 12 noon; and supper is at 5 pm. Tea and coffee are available all day for you to make yourself (after 5pm only decaffeinated coffee is available). Snacks (generally fruit or cookies) are left in the kitchen should you feel like something between meals.

Please inform staff if you have any additional dietary needs.

Although there are housekeeping staff to keep the premises clean it is always expected to pick up after yourself and put your garbage in the bins provided. Your rooms are your responsibility.

Medications

A Registered Nurse will assist you with your medications. All medications must be blister packed. Please review medications with your physician prior to making changes, to determine what is for you. Clients receiving Methadone/Suboxone will be transported offsite daily for dosing.

Doctor

If you want to see a doctor you must first speak to the RN on site. We are able to take clients offsite to various medical professionals.

Computer

There is a computer that is available during designated times. Please note that there are restrictions to the Internet sites that can be accessed, and a staff member will have to log you onto the system. Computer use is considered a privilege and any abuse will result in the loss of this privilege.

Laundry

There is a washing machine and a dryer for your use. Please note these are noisy machines and for the comfort of all our clients the machines are not to be on after 11pm or before 7am. Detergent is provided.

Phone calls

Phone calls are limited to three calls per week, and a maximum use of the phone to 10 minutes in length. This gives everyone a fair opportunity to use the phones.

Mail

Incoming letters and packages will be checked by staff; however, staff will not read your mail during this process. Except during the times when staff are checking your mail, you are responsible for keeping your mail private. You can plan with a staff member to send mail to family members.

Mailing Address:

Strength Program – PEI Youth Centre
159 Greenwood Drive
Summerside, PE C1A7N8

Meetings

Strength Program participants will be introduced to community self-help services. Some of the groups we attend are as follows:

Alcoholics Anonymous (AA)

Narcotics Anonymous (NA)

Poly Drugs Anonymous (PDA)

Gambling Anonymous (GA)

All Addictions Anonymous (AAA)

SMART Recovery

Other self-help groups that support recovery will be considered.

Visitors

Please speak to your Counselor regarding visits. Onsite visitation is limited, and visits more than 30 minutes should be conducted offsite and will be arranged with your treatment team.

Recreation activities / Exercise

Occupying your time while an inpatient can be difficult; however, there are options for you to consider.

- There is a TV room. Please note that there is TV off hours. These hours are posted on the walls just outside the rooms.
- There are DVD movies available.
- Board games, books and craft materials are available.
- Jigsaw puzzles, crossword books, books, newspapers and magazines throughout the unit. If you have some you would like to donate, we would love to hear from you.
- Some musical equipment is available onsite; please talk with your counselor regarding bringing in any personal musical equipment.
- Within the group programming there are times for physical activities and fun recreational activities.

Groups and Group Guidelines.

Groups are delivered each day and you are expected to attend all groups. Any off-site appointments must be discussed and approved by your treatment team.

Group Guidelines:

- Respect the confidentiality of other participants and do not share any personal information about anyone with others outside of the group including family or friends.
 - Each time the group meets is unique. Please do not repeat stories shared by others in past groups, or anything shared outside of group.
- Use “I” statements when speaking
 - I am, I was, I feel.....
- Be gentle with yourself and others
- Everyone has the right to share their own thoughts, opinions, beliefs and experiences

- Practice being non-judgmental
 - We all come into this group with our own unique experience
- One person speaks at a time
 - Try not to interrupt, “rescue”, or have private conversations (cross talk)
- Share the time
 - Allow space for everyone to contribute to the conversation
- Clients are to attend groups on time and remain for the full duration of each session.
 - If you leave, excuse yourself quietly and return within 5 minutes
 - Leaving early must be discussed with a facilitator before the group begins
- Respect the space and practice being in the moment
- Participate in programming and group discussion and ask questions when you don’t understand something.
- After the session is over, think about what you learned and try to apply it to your personal recovery.

Mindfulness is an evidence-based practice that is part of the program.

Every day on the unit you will be expected to participate in some form of mindfulness meditation practice as outlined in the program schedule.

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and without judging. It is a practical way to notice thoughts, physical sensations, sights, sounds, and smells. Anything you might not normally notice, because your head is too busy in the future or in the past.

It helps:

- Develop awareness of personal triggers and habitual reactions and learn ways to create a pause in this seemingly automatic process.
- Change our relationship to discomfort, learning to recognize challenging emotional and physical experiences and responding to them in skillful ways.
- Foster a nonjudgmental, compassionate approach toward our experiences and ourselves.
- Clarify and focus our thoughts.
- You accept your present-moment reality.
- You cope with overwhelming feelings.

The actual skills might be simple, but because it is so different to how your mind usually behaves, it takes a lot of practice. If you can breathe, you have the main tool for mindfulness.

The ABC of mindfulness

A is for awareness - Becoming more aware of what you are thinking and doing – what is going on in your mind and body.

B is for "just Being" with your experience. Avoiding the tendency to respond on auto-pilot and feed problems by digging up the past. Trying not to label your experience as good or bad.

C is for seeing things and responding more wisely. By creating a gap between the experience and your reaction, you can make wiser choices. Respond from your wise mind instead of reacting from your emotions.

Mindfulness is a skill that can be learned like any other. There is nothing mysterious about it. It's like learning to ride a bike, cook, paint, or play a musical instrument. You start with easy practice and as you progress to longer practice your skill at mindfulness will improve. Benefits of mindfulness practice include; better concentration, increased sense of calm, decreased stress and anxiety, and improved overall health.

CLIENTS' RIGHTS AND RESPONSIBILITIES

PURPOSE:

Under the Canadian Charter of Human Rights every individual's rights are protected regardless of circumstances, gender, race, religion, or sexual orientation.

POLICY:

Each client has basic rights that are to be protected and respected throughout treatment.

Basic rights include the right:

- to be treated with dignity, respect, and courtesy;
- to privacy;
- to participate in decisions, state preferences, and make choices regarding care, treatment, and personal lifestyle;
- to maintain relationships with family and friends;
- to be free from mental, sexual, social, or physical abuse;
- to be free from exploitation;
- to have his/her person and property respected and protected.

PROCESS:

1. Any complaints of infringement of client's rights is to be reported by the Complaint Resolution Process.

CLIENT RESPONSIBILITIES:

- to provide relevant information to your Counselling team to assist them to provide you the most appropriate care
- to develop your case plan with the help of your Counselling team, and to follow it to the best of your ability.
- to maintain confidentiality regarding information about other participants in the program.
- to be courteous and respectful of other clients, volunteers and staff of the Strength Program.

- to respect program property and comply with Strength Program regulations and policies.
- to be honest with your Counselling Team about your thoughts and feelings about your treatment process.

We look forward to the opportunity to work with you and hope that we can provide you with a therapeutic and helpful stay. Please let us know if there is anything more that we can do to assist you in your recovery.

Sincerely,

The Strength Program