



RUTH & NAOMI'S MISSION

STEP-INN SHELTER & STEP-UP RESIDENTIAL RECOVERY CENTRE

SERVICES AND PROGRAM DESCRIPTION

The Step-Inn Shelter and the Step-Up Residential Recovery Centre are operated by the Ruth & Naomi's Mission which is a Registered Non-Profit Society and Assisted Living Facility in British Columbia to provide faith-based abstinence and recovery services to individuals who suffer from alcoholism, drug addiction and other life-controlling issues.

The two distinct yet integrated programs provide supportive housing for up to 34 men and women who are in recovery. The facility provides a structured environment and staff to support residents in their recovery; first, recovery of their lives, and then to help in their reintegration into the community, work place, back to school, or into other life-giving options. The centre provides a safe, healthy and non-judgmental environment where residents are respected, acknowledged and recognized for who they are. Services are designed to encourage the development of new coping mechanisms, support networks, healthy lifestyles and independence, all within an alcohol and drug-free environment.

Personal information is confidential and not released without resident permission, and residents also commit to not to disclose information about other residents.

PROGRAM DESCRIPTION - The overall program has four phases to achieve the goals of preparing residents in their return to the broader community as productive and responsible individuals. The program starts with an entry level **"REFLECTION"** Phase, which is a low-barrier non-intensive one month program. This is an assessment phase with psycho-educational training and basic supports. After 30 days, residents have the option to secure housing in the community or apply to enter our **"READJUSTMENT"** Phase which is a more intensive four-month program building on the foundation of the first. After making it through this phase, residents are eligible to enter the twelve to eighteen month **"RECOVERY"** Phase that uses the highly acclaimed Genesis Process® model for relapse prevention. Upon successful completion of this phase, residents who are able to secure housing off-site are able to engage the **"REINTEGRATION"** Phase that provides connection to the ongoing psycho-social supports of the program as they need.

An individual assessment and treatment plan is developed for each resident throughout the first three phases. Programs consist of: daily group sessions, step groups integrating a 12 Step model, one-on-one recovery coaching, relapse prevention education, anger management, living skills training, art/recreational therapy and other needs-based programming. As well, a number of weekly outings are planned for the residents at the Leisure Centre, various recreational activities, sporting events, etc.).

Residents complete and submit a weekly accountability sheet showing the number of meetings, groups and counselling sessions attended, and a personal assessment of goals achieved. All residents must be committed to abstinence in recovery. Recovery counselling and life-coaching is provided in-house and may be augmented by referral to community based counselling services.

Residents develop and reinforce living skills, interpersonal relationships and independence by working together to maintain and operate a healthy environment – they clean the rooms, do their own laundry and maintain the outside spaces. Staff and senior residents provide food services, coaching and monitoring.

Residents are responsible to administer their own medications. This is processed through a daily or weekly script that is monitored and managed by the IDA Yale Road Pharmacy (101-46198 Yale Road) one block from the centre, or a pharmacy of the resident's choice. Individuals on high levels of the Methadone Maintenance Program are not accepted.

Prospective residents may self-refer. In addition, other referrals are accepted from detox facilities, hospitals, social workers, alcohol and drug clinics, lawyers, provincial corrections institutions, federal half-way houses and probation/parole officers. Applicants generally are to have completed a treatment program or be clean and sober for 14 days before entering the program, and they may be asked to provide a urine sample for drug testing at time of entry and randomly after admission.

Readmission following relapse requires completion of a relapse prevention program and/or other defined processes along with an assessment by program staff.

DESCRIPTION OF RESIDENCE - The Step-Inn and Step-Up Residential Recovery Centre provides shared accommodation for up to 34 men and women (separate living quarters for each gender) with more than enough room for them to feel at home. There are three lounge areas with TVs, a group room, a main dining area, 13 bedrooms, 4 bathrooms, 2 laundry areas, an office and in-house access to computers and the telephone. The Centre has a security alarm and a fire sprinkler system. There is also a Learning Lab on site where group work and computer access is available. 9 Bedrooms have locking doors and 2 do not. For those that do lock, residents have keys to their rooms. A locked area is available for limited storage of resident's personal belongings and money or other valuables may be locked in a safe.

Lunch (12 noon) and supper (5:00pm) meals are provided daily by our food services staff in the main dining hall. Breakfast is self-serve and personal choices and preferences are provided within reason. We can also accommodate certain diets as it relates to medical or allergic needs of the resident.

The centre is located in downtown Chilliwack and is accessible to transportation and all amenities.

Once residents complete the one month Reflection Phase, they have the option of applying to our main living residences (Readjustment and Recovery Phases) which provides more intensive therapeutic services and which promote greater independent living and ultimately reintegration into the community in general.

All inquiries should be directed to Kevin Slingerland, our Intake & Assessment Manager at 604.795.2322 or kslingerland@ruthandnaomis.ca or Dr. John Gray, our Director of Residential Services at 604.795.2322 or jgray@ruthandnaomis.ca As well, you can access further information at our website www.ranmission.ca