

## SERVICES AND PROGRAM DESCRIPTION

The Step-Inn (30-DAY) Residence and the Step-Up Residential Recovery Centre are operated by Ruth & Naomi's Mission which is a Registered Non-Profit Society and Assisted Living Facility in British Columbia to provide faith-based recovery services to individuals who are homeless and/or who may suffer from drug, alcohol or chemical misuse and other life-controlling issues.

The two distinct yet integrated programs provide supportive housing for up to 26 men and women (Fall 2018) 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 healthy 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 the readjustment 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 off-site housing are able to engage the **"REINTEGRATION PHASE"** that provides connection to the ongoing psycho-social supports of the program as they may need.

An individual assessment and treatment plan is developed for each resident throughout the first three phases. Recovery supports 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 outings are planned for the residents at the Leisure Centre, various recreational activities, sporting events, etc.).

Residents maintain regular accountability with staff describing 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 and work together on various projects.

Residents are responsible to administer their own medications. Medications are managed through a daily or weekly script that is monitored and managed by the IDA Yale Road Pharmacy (101-46198 Yale Road) with on-site delivery. Residents may also manage their medications through a pharmacy of their choice.

Prospective residents may self-refer to our programs. 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 detox program or be clean and sober for 3-5 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.

Supporting residents who relapse while in the program requires completion of a relapse prevention support and counselling and/or other defined processes along with an assessment by program staff to ensure safety and protection of the client and other residents.

**DESCRIPTION OF RESIDENCE** - The Step-Inn Residence and Step-Up Residential Recovery Centre currently provides accommodation for up to 26 men. A women's program will be operational in the Fall of 2018. There are two lounge areas with TVs, a group room, a main dining area, single and shared bedrooms, bathrooms, laundry facilities, an office and in-house access to computers and telephone. The facility has a security alarm and a fire sprinkler system. A locked area is available for limited storage of resident's personal belongings and money or other valuables may be locked in a safe. Staff are available 24-hours a day to support and care for the residents.

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 30-day residence and the longer-term residential recovery 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 Sharon Holburn, our Resident Engagement and Assessment Manager at 604.795.2322 or [sholburn@ruthandnaomis.ca](mailto:sholburn@ruthandnaomis.ca) or Dr. John Gray, our Associate Executive Director at 604.795.2322 or [jgray@ruthandnaomis.ca](mailto:jgray@ruthandnaomis.ca) Further information can also be accessed on our website [www.ranmission.ca](http://www.ranmission.ca)