



APPLICATION PROCESS FOR FIRST STAGE RECOVERY

We are glad that you are considering coming to LIFE Recovery. For your safety and well-being, we would like you to understand what our expectations are once you are admitted into our program and the support you can expect from us.

LIFE Recovery is a Christian organization open to anyone – all Nations and Creeds. We have been helping women of all walks of life since 1999. Our commitment to you is to keep you busy recovering: we expect that you will fully participate in all aspects of our program. You must be willing to reside in a faith filled, communal setting and follow house rules regarding chores, curfews, health, and safety.

Process for Intake

There are a few things you will need to do before we can admit you into our program:

1. You will need to have a TB test. Contact a public health unit, inform of your application to a treatment center is pending TB results - need ASAP (48-72 hours). **Instruct the results to be faxed to: (604) 855-6744 or hand delivered.**
2. You need to complete the funding section of the **application form (page 5)** to inform us on how your stay will be funded. **We need this information prior to your arrival.**
3. You will need to **sign the application form** to confirm that you will be able to fully participate in every aspect of our Christian program.
4. Our program is “abstinence-based”, post detox. We require a **minimum of 72 hours of sobriety** from alcohol and all narcotics, including prescription Narcotics/Benzo’s/Medicinal Marijuana. You will be required to do a **urine screening prior to admission.**

Program Description

LIFE Recovery is a non-profit society of British Columbia, providing first and second stage substance abuse recovery. We are an abstinence-based, 18-bed licensed, residential facility providing a safe, healthy and non-judgemental environment where clients are respected, acknowledged and recognized for who they are. Services are designed to encourage the development of new coping mechanisms, build supporting networks, healthy lifestyles and independence, within an alcohol and drug free environment. We assist women to achieve maximum independence, increased self-management and to successfully return to the community. Each client’s participation is designed in accordance with individual needs: personal goals are determined by the client and her counsellor. Each client reviews her needs, goals and services with her counsellor on an on-going basis, and services are adjusted accordingly.

Counsellors do not provide assessment or in-depth treatment for mental disorders, trauma, sexual abuse or eating disorders, even where related to substance use. Clients who request such assessment and treatment will be assisted to access professionally qualified clinical practitioners in the community. There is typically a waitlist for these services.

Clients develop and reinforce life skills, interpersonal relationships and independence by working together to maintain their home. Clients take turns preparing meals, cleaning the house, and maintaining the yard. All clients do their own laundry.

Clients are responsible to administer their own medications; all medication is kept in a locked secure cupboard in the counsellor's office. Clients are required to take medication as prescribed in the presence of staff and to sign for medications consumed.

LIFE Recovery provides shared accommodation. There are two lounge areas, a main dining area, nine bedrooms, four bathrooms, a full laundry area, three offices and a large backyard. Bedrooms do not have locking doors; lockers are available for limited storage of clients' personal belongings.

The LIFE Recovery program provides in-house psychosocial support for clients consisting of the following components:

- One-to-one recovery counselling
- Step groups based on the 12 Step Philosophy
- Relapse prevention education
- Anger management
- Life skills
- Completion of a Life Story and a Drug and Alcohol chart
- Boundaries
- Joyce Meyer
- Art therapy
- Development of a care plan

The First 21 Days is a period of stabilization for the client. It is our hope that the client will begin to focus on themselves and their personal recovery and not focus on the "externals" of their lives. They will be asked to complete a Drug and Alcohol Chart and a Life Story. This will give their counselor an insight into their history of addiction and their journey. Clients who have been here less than 21 days cannot send or receive mail, nor can they use the house telephone. The exception is if clients are mothers; in those cases, we do allow phone calls made to school age children between 5:30pm and 7:30pm (these calls are supervised by staff and are on speaker phone). Clients will be matched up with a primary counselor who will meet with the client and conduct a Bio/Psycho/Social/Spiritual report. It is also during this stage the clients will begin working on Step One of the 12 Step Program most relevant to them. Some clients may be better suited to the Spiritual Steps. Clients will also be expected to fully participate in all groups, evening/weekend programming, and all scheduled outings with staff present.

22 - 45 days is a time that clients will continue to work on their 12 Step program. Clients must continue to attend all group programming, evening/weekend programming, and all scheduled outings with staff present.

Clients will continue to meet with their primary counselor on a regular basis to discuss their progress and any other issues or concerns regarding the client's recovery. Clients will now be able to: utilize the house phone, leave Life Recovery home without staff present but in presence of 45 day client with staff approval, to receive and send out mail (with the exceptions of mail to and from correctional institutions). It is during this stage that clients volunteer at least one 4 hours shift at the Thrift Store, LIFE's Second Chance, which supports the operations of LIFE Recovery.

46 – 90+ days is the same as 22-45 days with the exception that clients can now leave Life Recovery home on their own and on weekends with staff approval.

The Exit Process

Prior to client leaving Life Recovery's house successfully, they will need to complete both a relapse prevention plan and a recovery plan. Both of these plans will be submitted and discussed with client and their primary counselor. Clients will be encouraged to have a support group and will be encouraged to share their plans with the people that they have listed as "accountability mentors". Prior to the client leaving the house, they will be asked to complete a evaluation form and provide feedback on the current program – via a sealed envelop address to the Executive Director.

What to Bring

You will need mostly casual clothes, an outfit for Church, and your own personal hygiene products.

You are only allowed 2 BAGS for luggage. NO EXCEPTIONS!

If you are on prescription medications, please have enough medication to last for three weeks. Our house doctor visits approximately every two weeks.

DO NOT bring cell phones, gaming devices, computers or any device that can access the internet, or any clothing or reading material that is not supportive of recovery (ex. alcohol slogans) or which may be offensive to Christian beliefs (ex. provocative clothing, apparel with skulls, gang logos, oracle cards, etc.).