

Stabilization Time: 30 days

Dictionary definition of ‘stabilization’:

“establishment, constant, firm, steadfast, abiding, lasting, secure, sure, grounded.”

Stabilization begins when women enter New Dawn; however, the 30 days are counted from the first *full* day in the house, which could be the day after women arrives. Stabilization ends after a resident’s first 30 full days *and* her sharing of her ‘Last 90 Days’ with the Counsellor and peer group.

DURING THE STABILIZATION PERIOD:

- ~ women are permitted phone calls related to funding, medical, legal or weekly communication w/ children under the age of 14 *ONLY*.
- ~ women are on a “Buddy System”, which means they need to be accompanied to all meetings, appointments and outside business by either a house volunteer or fellow resident (peer);
- ~ with respect to meetings outside the house, women will attend those chosen by the person who is accompanying her;
- ~ for safety, the resident will inform the person accompanying her of her whereabouts *at all times* while out in the community for any reason;
- ~ women can leave the house for meetings, appointments, shopping, coffee, or outings with the support *and accompaniment* of their New Dawn peers.
- ~ women on Stabilization must bring enough money and/or tobacco upon their admission - there are no drop-offs at the house during Stabilization.
- ~ women will complete a full description of their last 90 days of substance misuse (the days preceding entry into New Dawn) and will share this written description with the Facilitator and peer group before her 30 day Stabilization ends.

Welcome to New Dawn! Thank you for taking some time to read over & familiarize yourself with the following policies & procedures, which are meant to keep everyone at New Dawn safe & clearly informed.

1. **WHEN YOU GET HERE:**

- a. New residents are encouraged to bring no more than two standard sized garbage bags full of personal belongings. Residents who bring more than this amount will need to find alternative storage.
- b. New residents enter a 30-day Stabilization Period upon admission to New Dawn. During Stabilization, women do not leave the house without accompaniment from another resident or volunteer. As well, phone calls are restricted to funding, medical, legal or weekly communication w/ children under the age of 14 *ONLY*. *Please ensure you have enough money and/or tobacco to sustain your needs during the Stabilization Period – there are no dropoffs.*
- c. All bedding is provided for at New Dawn.

2. **ZERO-TOLERANCE:**

- a) There is no illicit drug use at New Dawn, and there *is* random urine testing of residents during their stay.
- b) There is zero tolerance for violence or abuse that includes verbal, physical or psychological (slamming doors, yelling, silent treatment etc.)
- c) Weapons, pornography, and lottery tickets are not permitted. Drug use and drug paraphernalia are not permitted.
- d) In-house, intimate/physical relationships are prohibited between residents who are living at New Dawn.

2. **MEDICATION**

- a. Residents on methadone are accepted at New Dawn. Upon accepting a bed at New Dawn, women need to have their prescriptions sent to Safeway Pharmacy, *prior* to arriving at the house. Daily prescription pickups are available at the Safeway Pharmacy @ 3820 Oak Street (intersection of Oak and West King Edward/25th Avenue).
- b. All medication is blister packed by the above-noted Safeway Pharmacy and locked in the office at New Dawn. New Dawn deals with this Pharmacy **only**.
- c. All medication is administered by Staff as required by licensing.
- d. Please bring no more than three day's worth of medications, and have your doctor fax our Head Office all current prescriptions prior to your admission.

3. **SMOKING**

- a. Chrysalis Society does not supply tobacco products or tobacco paraphernalia. New Dawn is a non-smoking environment. The *only* designated smoking area at New Dawn is located in the back yard. Please use ashtrays and keep area tidy. The designated smoking area hours are from 6:30 am – 10.45pm; residents are not permitted to smoke outside of these hours.
- b. Please ensure you have enough money and/or tobacco to sustain your needs during your 30-day Stabilization Period.

4. **DO'S:**

- a. All residents are required to have an outpatient Addiction Counsellor that they see on a regular basis.
- b. Residents at New Dawn are required to see the house doctor *only* during their stay.
- c. All residents are required to attend 6 self-help meetings per week.
- d. Self-help meetings can include 16-Step meetings and/or 12-Step meetings. Meeting attendance is to be documented in the Meeting Log book, which is kept by the Sign In/Out book.
- e. Residents are encouraged to explore and create alternative environments and situations that do not put them at risk for relapse, and therefore are discouraged from being in the downtown east side or in other environments where drug use is central or frequent (ie: bars, pubs, casinos, licensed facilities etc.).
- f. All residents are expected to dress in a respectful and appropriate manner, with consideration to community and surroundings. If you are unsure about this, please check with staff.

5. **DO NOT'S:**

- a. Cell phones are not permitted at New Dawn.
- b. Residents are unable to operate a vehicle while at New Dawn, this includes weekends.
- c. Residents are not to enter another resident's room.
- d. There is no lending or borrowing between residents *at any time*.
- e. No food or drinks are permitted outside the kitchen area, except water. Food or drink is not permitted in client bedrooms at any time, exception with water. No food or drink is permitted in the common areas (exception is Friday or Saturday Video Night, when popcorn is permitted).
- f. No food or supplies are to be taken out of New Dawn.
- g. Residents are not to use hairspray or hair dye in the house.
- h. Thumb-tacks, nails or screws are not to be put in any walls. Cork boards are supplied.

6. GENERAL HOUSE EXPECTATIONS:

- a. All personal belongings are to be kept in bedrooms.
- b. There is a Sign In/Out book by the door - all residents need to sign out when leaving the house, and sign in upon returning.
- c. All residents are expected to be up and dressed with beds made by 7:00am, Monday - Friday. Personal care and grooming routines (ie: showers etc.) are to be completed by 9:00am. On Saturdays and Sundays residents need to be up and dressed between 9am and 11am at the latest.
- d. All residents are required to be home by 4:30pm for dinner at 5:00pm Sunday through Thursday.
- e. Residents are expected to be mindful and considerate of the neighbors and noise levels etc. – especially after 10:00pm. New Dawn is a *residential* recovery home, and our ability to remain so depends on our consideration and respect for our neighbours and community.
- f. Once Stabilization Period is completed, residents may have visitors to the house between the hours of 6:30 – 8:30pm on Mondays, Tuesdays, Thursdays & Fridays; and between 1:00 – 3:00pm on Sundays. Residents need to provide a full 24 hours notice of the intended visit by informing all house residents during Morning Group. If the visitor identifies as having or is known to have addiction issues, they will need to have been abstinent for 30 days prior to visiting New Dawn.

7. FOOD

- a. Breakfast is served at 7:30am Monday – Friday. Weekend breakfasts can include pancakes or french toast, and bacon, or sausages and eggs. Residents decide when they wake on weekends, and also decide the time and extent of the breakfast/brunch meal(s). Weekend Breakfast/Brunch Cleanup should begin by noon at the latest, as chores are to be completed by 1:00pm.
- b. All residents are responsible to clean up after themselves when they eat snacks. Snacks include fruit, toast w/ peanut butter, jam, or cheese whiz.
- c. Dinner is at 5:00pm daily, and attendance at dinner is mandatory from Sunday through Thursday. On Fridays and Saturdays, women who are away for one or both of these nights are not expected to attend dinner.
- d. Meal preparation and clean up is shared equally by residents; a new chore list is posted weekly. Monday – Thursday meal preparation begins @ 3:30pm. Dinners for Friday and Saturday may be prepared Thursday evening after Thursday's dinner is cleaned up. On Friday and Saturday, dinner preparation is assessed @ 3:30pm and then proceeded with accordingly. On Sundays, dinner preparation begins at 2:30pm.

8. CHORES

- a. All residents are to complete their daily chores, by 9:00am unless otherwise stated in chore description. Chores are rotated and distributed fairly on a weekly basis.

9. WEEKENDS

- a. All residents fill out the 'Self Discovery & Weekend Plan' sheet together on Wednesday evenings and present them in group on Thursday.
- b. After their first 60 days at New Dawn residents can, if it is safe to do so, choose to stay overnight (one night) with family or friends; after 90 days 2 nights. They must return by 4:30pm Sunday, prior to dinner. Those who are scheduled to prepare Sunday's dinner need to be back by 2:30pm.

10. TELEVISION & PHONE

- a. Monday – Friday: the television can be turned on after dinner clean-up is completed; it needs to be turned off by 10:30pm. Saturday /Sunday TV can be turned on at 1pm or once everyone's chores have been completed. T.V goes off on the weekend at 10:30. Please be mindful of program content – the viewing of violence, drug use, and sexual content is discouraged. Light-hearted, humorous, uplifting, inspiring programming is encouraged.
- b. Please be mindful of the time spent on the house phone. There are 10 residents in the house – women can use the phone for a maximum of 10 minutes per call, with a break of 10 minutes between calls, so that the phone remains equally available to everyone.

12. LEAVING THE PROGRAM

- a. If residents spontaneously decide to leave New Dawn, their belongings will be held for up to two weeks. Former residents will be responsible to contact the office (phone: 604-325-0576 or email: admin@chrysalissociety.com) to set up an appointment to retrieve their belongings (Monday - Friday 12:00pm – 5pm @ New Dawn). After two weeks, un-retrieved belongings are donated to other charitable organizations.
- b. Residents who are asked to leave or who leave impulsively are prohibited from calling the house for 30 days in order to maintain safety and security within the house. As well, two weeks worth of per diems will be held back.

Thank you for taking some time to read over and familiarize yourself with the following guidelines, which are meant to ensure that the group is a safe, respectful time and space for everyone.

1. THE ACTUAL SPACE:

- a. Respect the space
- b. Clean up after yourself.
- c. Leave the space as you found it, if not better
- d. Bring only requested items to group
- e. Keep one foot on the floor at all times to stay grounded

2. CONFIDENTIALITY:

- a. What is said here stays here
- b. What happens here stays here except in cases where harm is caused
- c. Leave street business on the streets

3. NON-CONSTRUCTIVE PARTICIPATION:

- a. Lateness
- b. Being judgmental (includes racism, sexism, homophobia etc.)
- c. Making assumptions
- d. Intentional harm (verbal or otherwise)
- e. Aggressiveness (ie: heavy sighs, rolling of the eyes, posturing)
- f. Interrupting
- g. Cross-talking
- h. Shutting down ideas
- i. Being distracted
- j. Distracting others
- k. Being inattentive
- l. Falling asleep

4. CONSTRUCTIVE PARTICIPATION:

- a. You are responsible for your own attendance and opportunities
- b. Lateness and absence is between the facilitator and the participant
- c. If you need a break, say so, and the group will decide
- d. Be on time (for group & from breaks)
- e. Stay focused on the subject or topic
- f. Sit in a circle so everyone can be seen
- g. Everyone has an equal chance to be heard
- h. Listen
- i. Be respectful
- j. Have respect for other's situations (past & present)
- k. Expect different experiences
- l. Accept feedback
- m. Treat others how you would like to be treated

Everyone is responsible for the guidelines and ensuring that they are being followed.