

## STABILIZATION

Definition: "*establishment, constant, firm, steadfast, abiding, lasting, secure, sure, grounded.*"

*Length: 30 Days*

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 arrive.

Stabilization ends after a client's first 30 full days and sharing her 'Last 90 Days' with the Counsellor and peer group.

### WHAT TO EXPECT:

- Women are permitted phone calls related to funding, medical, legal, or weekly communication w/ children under 14 ONLY.
- Women are on a "Buddy System," which means they must be accompanied to all meetings, appointments, and outside business by a house volunteer or New Dawn peer.
- Women can leave the house for meetings, appointments, shopping, coffee, or outings with the support and accompaniment of their New Dawn peers, staff, or volunteers.
- Women will attend self-help meetings chosen by the volunteer/staff.
- Women on stabilization will inform their accompaniments of their whereabouts while out in the community for any reason.
- Women on stabilization must bring enough money and/or tobacco upon admission - no drop-offs at the house during stabilization.
- Women will complete a full description of their last 90 days of substance misuse and share it with their peer group before their 30-day stabilization ends.

## POLICIES & GUIDELINES

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

### 1. WHEN YOU GET HERE:

- a. Clients follow the two-bag limit, no more than two standard-sized garbage bags full of personal belongings. Clients who bring more than this amount will need to find alternative storage.
- b. Chrysalis provides for all bedding.
- c. New clients enter a 30-day Stabilization Period upon admission to New Dawn.

### 2. GENERAL PROGRAM EXPECTATIONS:

- a. All personal belongings are to be kept in bedrooms.
- b. There is a Sign In/Out book by the door - all clients must sign out when leaving the house and sign in upon returning.
- c. All clients are expected to be up by 7:00 am. Clients are expected to be dressed with beds made and at the breakfast table by 7:30 am, Monday - Friday. Personal care and grooming routines (i.e., showers, etc.) must be completed by 9:00 am. On Saturdays and Sundays, clients need to be up and dressed between 9 am - 11 am at the latest.
- d. All clients must be home by 4:30 pm for dinner at 5:00 pm Sunday through Thursday.
- e. Clients are expected to be mindful and considerate of the neighbours and noise levels, especially after 10:00 pm. New Dawn is a residential recovery home, and its ability to remain so depends on our consideration and respect for our neighbours and community.
- f. *Due to the ongoing Covid-19 Pandemic, no visitors are permitted on-site.*

### 2. ZERO-TOLERANCE:

- a. There is no illicit drug use at New Dawn, and there *is* random urine testing of clients during their stay.
- b. There is zero tolerance for racism, sexism, homophobia, aggression or abusive behaviours of any kind, including verbal, physical or psychological (slamming doors, yelling, silent treatment etc.)
- c. Weapons, pornography, lottery tickets and energy drinks (i.e., Red Bull, Monster etc.) of any kind are not permitted During your stay at New Dawn. Drug paraphernalia of any kind is not permitted.
- d. In-house, intimate/physical relationships are prohibited between clients living at New Dawn.

### 3. MEDICATION

- a. Prescribed ORT or OAT (i.e., Methadose, Suboxone, Kadian) are permitted; however, no narcotics are kept on-site at New Dawn at any time. For the duration of their residence at New Dawn, women commute to the Safeway Pharmacy @ 3820 Oak Street (intersection of Oak and West King Edward/25<sup>th</sup> Avenue) seven days a week to retrieve their ORT/OAT medication.
- 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 managed by staff as required by licensing, except ORT/OAT medications.
- d. Upon admission, clients can arrive at New Dawn with a maximum of 7 days' worth of medications.
- e. Alternatively, prescribing physicians can fax all prescriptions to Safeway Pharmacy #114 at 604-733-7551.
- f. Medication times are as follows: 8:00 am – 8:30 am, 1:00 pm – 2:00 pm, 6:00 pm – 6:30 pm, 9:00 pm – 9:30 pm 7 days a week.

#### 4. 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 in the backyard. The designated smoking area must be kept clean, and ashtrays are provided. The designated smoking area hours are from 6:30 am – 10:45 pm; clients are not permitted to smoke/vape outside these hours.
- b. Clients must ensure they have enough money and/or tobacco to sustain their needs during the 30-day Stabilization Period.

#### 5. Do's:

- a. All clients must have an outpatient Addiction Counsellor that they see regularly.
- b. Clients at New Dawn must see the house doctor only during their stay.
- c. All clients are required to attend six self-help meetings per week.
- d. Self-help meetings can include 16-Step; 12-Step; Smart Recovery; and or Welbriety. Meeting attendance is documented in the meeting logbook kept by the sign-in/out book.
- e. Clients are encouraged to explore and create alternative environments and situations that do not put them at risk for relapse. They, therefore, are discouraged from being in the downtown eastside or in other environments where drug use is central or frequent (i.e., bars, pubs, casinos, licensed facilities etc.).
- f. All clients are expected to dress respectfully and appropriately, considering the community and surroundings. If you are unsure about this, please check with staff.

#### 6. Do NOT's:

- a. Cell phones, iPods, iPads, and Laptops are not permitted at New Dawn at any time; headphones for any & all music devices (i.e., MP3, etc.) may not be used at any time other than for relaxation at bedtime immediately before lights out in your room.
- b. Clients cannot operate a vehicle while at New Dawn; this includes weekends.
- c. Clients are not to enter another client's room.
- d. There is Zero Tolerance for lending or borrowing between clients *at any time*, including money, clothing, cigarettes, makeup etc
- e. No food or drinks are permitted outside the kitchen area, including bedrooms, at any time, except water. Popcorn is permitted in the living room on Friday or Saturday Video Night only.
- f. No food or drinks are to be taken out or brought into New Dawn. No outside food or drinks.
- g. No hairspray or hair dye is permitted while at New Dawn.
- h. No thumb-tacks, nails, screws, or tape should be put into any walls. Corkboards are supplied.
- i. To prevent bed bugs, shopping at a thrift, consignment or used clothing/furniture stores is strictly prohibited (i.e., Value Village; Salvation Army)
- j. There are no new piercings or tattoos at any time while they are a client at New Dawn.

#### 7. FOOD

- a. Breakfast is served at 7:30 am Monday – Friday. Clients decide when they wake on weekends and the time and extent of the breakfast/brunch meal(s). Weekend Breakfast/Brunch Clean-up should begin by noon at the latest. Clean-ups are to be completed by 1:00 pm.
- b. All clients are responsible for cleaning up after themselves when they eat snacks. Snack options are found on the menu.
- c. Dinner is at 5:00 pm daily, and attendance at dinner is mandatory from Sunday through Thursday. On Fridays and Saturdays, women who are away for one or both nights are not expected to attend dinner.
- d. Meal preparation and clean-up are shared equally by clients; a new chore list is posted weekly. Monday – Thursday meal preparation begins @ 3:30 pm. 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 @ 3:30 pm and then proceeded accordingly. On Sundays, dinner preparation begins at 2:30 pm.
- e. Vegetarian and food intolerances can be accommodated.

**8. CHORES**

- a. Unless otherwise stated in the chore description, all clients must complete their daily chores by 9:00 am. Chores are rotated and distributed fairly every week.

**9. WEEKENDS**

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

**10. TELEVISION, PHONE & MEDIA:**

- a. Monday – Friday: the television can be turned on at 6:00 pm; it needs to be turned off by 10:30 pm. Saturday /Sunday TV can be turned on at 1 pm or once everyone's chores have been completed. TV goes off on the weekend at 10:30. Please be mindful of program content – viewing violence, drug use, and sexual content is discouraged. Light-hearted, humorous, uplifting, and inspiring programming is encouraged.
- b. Please be mindful of the time spent on the house phone. There are ten clients 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.
- c. In consideration of women's recovery processes & varying degrees of body image issues, magazines, newspapers & publications that focus primarily on fashion, women's sexuality, fitness, and advertising aimed at women are not encouraged. Media and literature primarily focused on recovery, personal wellness, spirituality, and personal discovery/development are strongly encouraged.

**11. LEAVING THE PROGRAM**

- a. If clients exit the program spontaneously, any belongings left behind on Chrysalis property, including the head office, will be stored for a maximum of 14 days following their discharge. Former clients are responsible for contacting New Dawn's office at 604-708-1562 to set up an appointment to retrieve their belongings (Monday - Friday 10:00 am – 3 pm @ New Dawn).
- b. Belongings will be stored for no longer than 14 days.
- c. Former clients unable to retrieve their belongings themselves must provide written consent before Chrysalis Society releases any belongings to a third party.
- d. Unretrieved belongings will be donated to another non-profit organization on the 15<sup>th</sup> day following the discharge.
- e. Clients who were asked to leave or who left impulsively are prohibited from calling the resident phone line for 30 days to maintain safety and security within the house, with the exception of contacting the New Dawn office to coordinate item retrieval.

# GROUP GUIDELINES

## 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 the group
- e. Keep one foot on the floor always 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 (i.e., 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 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.*