



## Turning Point Recovery Society Program Information Guide

### CONTACT INFORMATION

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### Turning Point Recovery Society Administration:

Executive Director  
Financial Administration  
Human Resources

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## **Turning Point Recovery Society Program Information Guide**



### **PROGRAM DESCRIPTION**

Turning Point offers Stabilization and Transitional Living Residences (STLR), residential treatment and support recovery services for men, women and trans-people with substance use/misuse issues. We provide a safe, supportive, structured and supervised environment to facilitate physical, mental, emotional and spiritual recovery. Our sites are licensed under the BC Community Care and Assisted Living Act and Residential Care Regulations.

### **PROGRAM PHILOSOPHY AND TREATMENT APPROACH**

Turning Point believes that all individuals are, and can learn to be, ultimately responsible for their own lives and their own decisions. To that end, the program facilitates the development of each individual's Recovery Capital to include the bio-psycho- social and spiritual growth of clients so they can reintegrate into our communities as healthy, contributing citizens.

Turning Point employs the following psychosocial interventions and theories to encourage and support change and recovery of our clients:

- Stages of Change - Transtheoretical Model
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Behavior Modification Therapy
- Pharmacologic Supports
- Trauma-Based Interventions and Supports
- Relapse Prevention
- Empowerment Model

### **SERVICES**

- Individualized Service / Treatment Plans
- Individual, and Group Counselling
- Health and Nutritional Care Planning
- Collaborations with, and Referrals to professional resources for enhanced interventions or supports
- Life Skills, Employment and Education Training and Retraining, Assessment and Referrals
- Recreational and Fitness Plans, Therapy and Activities
- Discharge, Transition and Continuing Care Planning

Some of the additional supportive and therapeutic programs and services provided on site by Turning Point staff or outside professionally trained facilitators may include:

- Relapse Prevention Groups: cognitive restructuring and behavior modification models
- Seeking Safety Groups for victims of trauma with substance use issues
- Anger in the Family Groups for Men
- Cultural Diversity – education and awareness, self-assessments
- Self- Esteem – cognitive techniques for improving self-esteem
- Effective Communication Skill Building / Assertiveness Training
- Peer Mentoring by senior clients and Turning Point volunteers and alumni
- VCH Prism Program for clients
- 12-Step Recovery Programs
- SMART Recovery Program
- Women’s 16 Steps of Empowerment
- The Medicine Wheel, Healing Circles, and Smudging Ceremonies
- Domestic Family Substance Abuse (DVSA) program, providing advocacy, support and referrals for victims of abuse
- Family Counselling
- Wilderness Healing
- HIV/Aids, and STD Education
- Complementary Therapies when available: Therapeutic Writing Groups, Expressive Art Therapy, Yoga, Meditation, fitness programs, Horticultural Therapy, Community Based Volunteering (Sharing Farm, community gardens, city walkways, volunteering at seniors centers, SPCA and other social service agencies for e.g.)

## **ADMISSIONS**

Turning Point Residential Programs are open to men, women and trans-people over the age of 19 seeking treatment for substance use issues.

Referrals are accepted from any source, including the following:

- Self-referrals
- Community Health Centers/ Community addiction services counsellors
- Central Addiction Intake Team (CAIT)
- Detoxification/ Withdrawal Management centers
- Hospitals
- Local Health Authorities
- BC Housing
- WorkSafe BC
- Residential treatment facilities/other STLR’s
- Employee Assistance Programs (EAPs)
- Clergy
- School Counsellors, Academic Advisors

## **Admission Criteria**

- Clients are required to be medically stable and should not be at risk of experiencing acute withdrawal symptoms at intake
- Clients are required to have a TB test prior to or upon intake and will be assessed for any pre-existing medical conditions or concerns by the assigned site physician within their first week at the facility

## **Admission Restrictions**

- Persons experiencing acute withdrawal symptoms requiring medical interventions beyond the scope of the program will be referred to the appropriate level of care prior to entering Turning Point
- Persons presenting with psychogenic disorders requiring intervention beyond the scope of the program may be restricted based on consultations with the Executive Director and referring agent
- Admission for persons taking certain medications will be assessed on a case-to-case basis to determine appropriateness of placement and ability of program to meet the needs of the client

## **Priority Clients**

- Individuals at high risk of overdose
- Individuals in Detox, or intensive outpatient in need of residential program/support
- Women who are pregnant and/or fleeing domestic/family violence
- Individuals living in unsafe/unstable situations, homeless
- Men/ Women with disabilities that cannot be served elsewhere
- Individuals at risk of homelessness because of their addictions
- Self-pay clients

## **LENGTH OF STAY**

3-5 months

## **PROGRAM FEES**

Costs, if any, are determined by the individual's financial circumstances:

- Individuals on Income Assistance (IA) may have per diem costs covered and receive a comfort allowance from the Ministry of Social Development and Social Innovation (MSDSI)
- Depending on the amount received, individuals receiving Canada Pension (CPP) may have some or all of the costs covered by MSDSI or other fee subsidies. If third party financial support is partial, the individual must pay the balance of the per diem costs to Turning Point
- If the individual is employed, some unions, employers, or health benefits plans may provide financial assistance
- Members of aboriginal bands may be eligible for financial support from their band
- Self-pay services are available on a sliding-fee scale up to \$250.00 per day
- For individuals in unique circumstances, Turning Point has a client assistance fund

## **DISCHARGE FOR NON-COMPLIANCE**

Clients may be terminated from the program for the following reasons:

- Threats of/or harmful actions against self, staff, volunteers, fellow clients or others to include emotional, financial, physical, and/or sexual abuse
- Leaving the residence without proper notification
- Failing to return to the residence as scheduled following an approved absence without proper notification
- Failure to comply with court mandates and other terms of probation
- Failure to participate in the program
- Failure to adhere to all other program guidelines and behavioural expectations