



Monarch Women's Aftercare Referral Information

January 2019

It is important that the women sign the enclosed 'Release of Information', if you require updates or a discharge summary. Thank you.

Monarch Recovery Services

Women's Assessment & Referral

Tel: 705-674-5090 Fax: 705-674-8002

Toll Free: 877-431-6713 x 2225



Dear Referral Agency / Applicant,

In this package, you will find information about **Monarch Women's Aftercare Program**. We offer long-term aftercare for women recovering from alcohol and drug addiction, who seek further guidance and support to maintain an alcohol and drug-free lifestyle.

This is an abstinence-based program with two options for consideration:

- 1) Supportive Housing (18 years and up) with two apartments, shared accommodations, responsible for own food, rent and clothing
No overnight or weekend staffing
Length of stay is 4 to 8 months
All Monarch Women's Aftercare Centre programs are compulsory for residents
- 2) Direct Services (for women 16 years and older) are available to women living outside of the Monarch Women's Aftercare residence. Women can access any or all of the programs.

Once the woman has completed the intake with the Assessment Coordinator, Monarch Women's Aftercare will contact the applicant regarding eligibility. If eligible, an appointment for an interview will be set to assess and determine suitability. If suitable, a date for admission will be set.

CRITERIA FOR ADMISSION TO ALL MONARCH WOMEN'S AFTERCARE PROGRAMS

- 21 days sober and 28 days drug free.
- Preferably completed a treatment program or a recovery home
- Demonstrated a personal commitment to recovery

ADDITIONAL CRITERIA FOR ADMISSION TO RESIDENCE

- If a woman is on psychiatric medication, further assessment will be conducted, in consultation with the prescribing physician.
- Will not be considered as condition of probation or parole

THE ASSESSMENT OFFICE PHONE NUMBER IS: 705-674-5090 OR 1-877-431-6713, EXT. 2225.

Assessment worker: STEPHANIE SARTOR.

If there is no answer, please leave a message and they will return your call.

PLEASE PROVIDE A COPY OF THE FOLLOWING TO THE APPLICANTS:

- The introductory letter, The Aftercare Program Philosophy and a copy of the 'What to Bring' flyer

We thank you in advance for your support and cooperation as we continue to provide service to women with chemical dependence.

MONARCH WOMEN'S AFTERCARE

Admission Criteria for Women Looking for Long Term Residential Aftercare

- Woman aged 18 and over
- Completed a program for substance abuse
- 21 days sober, 28 days drug free
- Desire to develop a healthy lifestyle that includes abstinence
- Commitment to remain at the Aftercare for a minimum of 4 months
- Willingness to participate in all aspects of the program and have a “Plan of Action” designed to meet their individual goals for a successful recovery. (This includes, but is not necessarily limited to, attending self-help groups, one on one counselling and groups, weekly chores and unit activities.)

Residential Aftercare Program

4-8 months



Calculating the rent...

Rent calculations are as follows:

Ontario Work Recipients:

\$93.00 + Utilities of 16.00 = \$109.00

ODSP Recipients;

\$117.00 + Utilities of 16.00 = \$133.00

Minimum Rent:

\$93.00 + Utilities of 16.00 = \$109.00

Maximum Rent:

\$434.00 + Utilities of 16.00 = \$450.00

Employment Rate:

\$30% of Gross Income + 16.00 =

(Up to the maximum market rent of \$450.00)



All residents must pay a \$50.00 security/damage deposit and a \$5.00 key deposit, in addition to the first month of rent.

Laundry facilities are on site.

We have two, 4-bedroom apartments with shared living rooms, kitchens, dining rooms and bathrooms. The women are responsible for their own food, personal items and transportation.

Discharge Planning for participants completing treatment programming and requiring outpatient services...

...Are you looking to assist women aged 18+ who have completed alcohol and drug treatment but require additional outpatient services in our community?

We offer women a choice of **Weekly Aftercare Groups**. These are open groups held Monday evenings (6:00 p.m. to 8:00 p.m.) or Tuesday mornings from 9:30 am until 11:30 noon.

Individual Counselling Sessions are available to women in our community who have completed treatment and are attending one of our weekly aftercare groups. We will provide 6 to 8 counselling sessions with the goal of assisting women achieve long-term sobriety and satisfaction with their recovery.

Weekly Life Skills Groups are held throughout the year. The women may choose from numerous workshops such as Coping with Trauma, Budgeting, Distress Management, Relationships & Communication, and Self-Compassion.

Applicants are evaluated individually, and an aftercare plan is developed, based on their goals and the recommendations of the referring primary care facility.

A Caduceus Group (for medical professionals) is held at the Women's Aftercare Centre, every other Tuesday evening.

Monarch Women's Aftercare Centre 260 Oak Street, Sudbury, ON P3C 1M9
To register call 705-674-5090 or 1-877-431-6713 x 2225



To our referring agencies:

Discharge Planning for Women completing treatment programming and requiring supportive housing...

...Are you looking to assist women aged 18+ who have completed alcohol and drug treatment but require additional residential support and services?

We provide a supportive **transitional living environment** that empowers and supports participation in healthy, responsible and productive life changes.

Residents are encouraged to be involved in volunteer work, school or work-related activities. Participation in Self-Help Meetings (AA, NA or Women for Sobriety), and planned leisure/recreational activities are required. Each resident receives individual counselling, as well as aftercare and life-skills groups designed to enhance self-esteem and to learn to establish and maintain healthy relationships - training specific in meeting the challenges of women. Monarch uses a holistic approach that embraces the decision-making process that women encounter while learning to live and thrive, free of addictive behaviours.

Rent calculation is as follows:

Ontario Works Recipients:	\$93.00 + Utilities of \$16.00 = \$109.00
ODSP Recipients:	\$117.00 + Utilities of \$16.00 = \$133.00
Minimum Rent:	\$93.00 + Utilities of \$16.00 = \$109.00
Maximum Rent:	\$434.00 + Utilities of \$16.00 = \$450.00
Employment Rent	30 % of Gross Income + Utilities \$16.00 (up to the maximum/market rent of \$450.00)

Applicants are evaluated individually, and an aftercare plan is developed based on their goals and the recommendations of the referring primary care facility.



**Monarch Women's Aftercare Centre, 260 Oak Street,
Sudbury, ON P3C 1M9**

To register call 705-674-5090 or 1-877-431-6713 x 2225

Monarch Women's Aftercare Residential Program

Two four-bedroom apartments are available for women who have completed an addiction treatment or recovery program, 21 days sober or 28 days drug free, and demonstrate a personal commitment to recovery! Rent is geared-to-income.

Apartment Description

Located in a beautifully maintained house, each apartment provides a separate bedroom but shared kitchen, dining, living room and bathrooms. Residents purchase their own clothing, personal items, and food. Residents care for and maintain their own apartments through shared household chores.

Length of Residence

All residents are asked to commit to a minimum stay of 4 months, with the purpose of promoting stability and structure in their recovery. The maximum length of stay is 8 months.

Guidelines for Residence

A full set of Rules of the Centre can be obtained through the Assessment Office.

Program Requirements

Residents are encouraged to volunteer, work, attend school or be involved in work-related activities. They are also required to participate in Self-Help Meetings (AA, NA or Women for Sobriety), and planned leisure/recreational activities. Each resident receives individual counselling, aftercare and life-skills groups. These are designed to enhance self-esteem and to learn to establish and maintain healthy relationships, specific to meeting the challenges of women. Monarch uses a therapeutic approach that embraces the decision-making process that women encounter learning to live and thrive, free of addictive behaviours.

Monarch Women's Aftercare Centre, 260 Oak Street, Sudbury, ON P3C 1M9

To register call 705-674-5090 or 1-877-431-6713 x 2225

What to Bring When Moving Into Monarch's Women's Aftercare Residence

Women's Aftercare Site
260 Oak Street, Sudbury, Ontario P3C 1M9
705-673-2413 x 2245



<p>Clothing Bedroom size is limited, therefore bring only what you need for the 4 to 8 months you will be in residence. Please come prepared for the cold Sudbury winter. You must provide your own hangers for the closet.</p>	<p>Toiletries Bring with you or plan to get shampoo, toothpaste, toothbrush, toilet paper, feminine hygiene products, deodorant, etc. We allow perfume in residence, but absolutely DO NOT permit mouthwash containing alcohol.</p>
<p>Medication It is important that you bring all your medication with you, as you must continue your treatments as prescribed by your physician. Staff must approve all medication(s) upon admission and throughout your residency. Please try to arrange pre-packaged blister packs through your pharmacy.</p>	<p>Money Plan to bring enough to purchase groceries and to pay rent, damage and key card deposits. If you are applying for Social Assistance, we will work with you while you wait for startup. You may want to schedule an Ontario Works appointment once you know your admission date.</p>
<p>Food You will be buying all your own groceries and preparing your own meals. There is an Independent Grocer within walking distance.</p>	<p>Cleaning Supplies We provide Mr. Clean, Fantastic and Windex. You provide dish soap, (HE) high efficiency laundry soap, and fabric softener.</p>
<p>Proof of Income and Identification Rent is geared-to-income. You will be required to provide proof of income for rent calculation. If you are applying for Social Assistance after admission, we will provide you with the proper paperwork.</p>	

What we provide...

<p>Bedroom</p> <ul style="list-style-type: none"> ✓ individual bedroom with single bed, dresser, desk, chair, nightstand and safe ✓ 2 pillows, 2 sheet sets, 2 blankets, quilt and pillow sham, mattress and pillow protectors ✓ 2 bath towels, 1 hand towel and 1 facecloth. 	<p>Kitchen, Living Area & Laundry Room</p> <ul style="list-style-type: none"> ✓ shared kitchen, kitchen table set, pots, pans, plates, glasses, cups, cutlery, and tea towels ✓ toaster, coffee maker, kettle ✓ microwave, stove, fridge and freezer ✓ furnished shared living area with television and radio ✓ shared washer and dryer (free of charge)
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If you have any questions about what to bring, please contact the Housing Coordinator at 705-674-4193 ext. 2245 Fax: 705-673-6919

email: cb@srmonarchrs.ca

Monarch Women's Aftercare Centre

PHILOSOPHY

We recognize that chemical dependency is a treatable disease. The recovery process may take from two to five years. This involves learning to balance the mental, emotional, physical and spiritual areas of life clean and sober. Monarch Women's Aftercare exists to provide the opportunity for recovering women to re-build their lives with dignity and self-respect. We believe that given support and guidance, our participants can learn to be caring, independent, self-sustaining women, who can be their own best friends.

PROGRAM MODEL (Long Term Residential and Out-patient Aftercare Programming)

We offer individual and group counselling, as well as life skills programs. Community program participants are asked to have abstinent goals and to make a commitment to the program they choose to participate in. Each resident of our two four-bedroom apartment is asked to abstain from the use of alcohol and other drugs; attend self-help meetings; utilize a sponsor; engage in some form of regular physical exercise; develop a healthy social life; and use their time constructively (e.g. work, attend school, volunteer time, etc.), in addition to participating in our in-house programming. We encourage women to familiarize and utilize community resources as part of their recovery.

REFERRAL PROCESS

The women are expected to be a minimum of 21 days alcohol-free and 28 days drug-free, preferably have participated in a treatment or recovery home program, and have demonstrated a personal commitment to recovery. An assessment interview will be required with the Assessment Office (705-674-5090) as well as an interview with Aftercare staff to determine suitability, prior to acceptance into the program. We do accept women on Methadone for residence; however, they must pick up their drinks, daily, from a dispensing site. Methadone is not stored or brought on site (no carries). Referrals come from self, family, friends, employers, clergy, doctors and other addiction and social service agencies. When admitted into Monarch Women's Aftercare residence, the women will participate in all aspects of the program. Community participants and their counsellor will determine what programming would be most beneficial to them.

LONG TERM AFTERCARE RESIDENTIAL PROGRAM

We ask the women to make a commitment of a minimum of 4 months, with the purpose of promoting stability and structure in her recovery. The maximum length of stay is 8 months.

The women are responsible for their rent (geared-to-income), food and clothing. As well, they are required to share in the household chores. This is a co-operative living arrangement and the house policies and guidelines are designed for the benefit of both the individual and her housemates.

RESIDENTS WHO DRINK/USE DRUGS

We are an aftercare program, and it is not uncommon for women who have been through treatment to either drink again or use drugs. If this occurs, we will meet with the resident to assess the situation. If the woman is an outpatient and appears willing to try again, we will continue to work with her and perhaps design a new plan of recovery. If a resident consumes alcohol or uses drugs, she will be sent to the local Withdrawal Management Services, and may be given an opportunity to return to the residential program, under contract.

CONFIDENTIALITY

We make every effort to protect the confidentiality of the residents. Therefore, information is not released without the woman's written consent. The written consent is used for both the receipt and transmission of information.



CONSENT TO DISCLOSE INFORMATION

Release to/
and/or obtain from:

Clinical Records Regarding:
(Please Print Name and DOB)

Name

DOB (day/month/year)

Concerning the following: (Indicate internal program, if applicable.)

This consent shall expire: _____
(Date (d/m/y) – maximum one year from signed date)

If request obtained verbally, specify details (i.e. date, time, method, etc.):

Signature: _____ Date (d/m/y): _____

Witness: _____ Date (d/m/y): _____