



## **Monarch Women's Treatment Centre Referral Information**

January, 2019

Did you read and/or complete the following?

- Letter of Introduction
- Important Information for Women Attending WMS in Sudbury
- TB Form
- Travel Guarantee
- Connections Program
- Methadone/Suboxone Information (if applicable)
- Applicant's Information – Residential Treatment Centre
- Consent Form
- Map of Sudbury

**(Due to program changes, please contact Centralized Assessment for occasional updates)**

It is important for referring agencies that the women sign the enclosed Release of Information, if you require updates, a letter of completion or a post-treatment discharge summary. Thank you.

**Monarch Women's Centralized Assessment Services**

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

**Toll Free: 1-877-431-6713 x 2225**



Monarch Women's Treatment Centre offers a 5-week residential treatment program to women aged 16 years and older. The woman must have a desire to attend a treatment centre, which requires her to be abstinent while she is with us. We provide a structured, psycho-educational, holistic approach. We accept women on the Methadone or Suboxone maintenance program.

- **The Admission process will include the following:**

- A completed Provincial GAIN Q3 Assessment

- A telephone assessment with Monarch Women's Assessment and Referral Services

- A psychiatric or physician's report may be requested if additional information is needed

**Women accepted into the program must:**

- May have a 1-step TB test done and send in the results **within 3 weeks of being approved for Treatment**
- Have a return transportation ticket or a travel guarantee signed by someone **other than the applicant**
- CALL weekly and check in directly with the Connections Counsellor at **(705) 674-4193 X 2235**. If they reach the answering machine, they must leave a message.
- Attend withdrawal management prior to admission
- Have all medications in blister packaging (except Methadone & Suboxone), if possible, otherwise they must remain in their original containers
- Ensure they have the necessary funds for weekend transportation for methadone/suboxone therapy

**FAILURE TO FOLLOW THROUGH WITH ALL OF THE ABOVE MAY RESULT IN THE LOSS OF BED DATE.**

**Please provide a copy of the following enclosed documents to the applicant:**

- Important Information for Women Attending WMS in Sudbury
- TB Form
- Travel Guarantee
- Connections Program
- Participant Residential Information Sheets
- Consent Forms
- Methadone/Suboxone information (if applicable)
- Map of Sudbury

It is important that the women sign the enclosed Release of Information consent form if you require updates, a letter of completion or a post-treatment discharge summary. We look forward to your continued cooperation in providing quality service to women with chemical dependence.

## IMPORTANT INFORMATION FOR WOMEN ATTENDING (WMS) Withdrawal Management Services in SUDBURY

**(Due to program changes, please contact Centralized Assessment for occasional updates)**

We would like to take this opportunity to make you aware of Monarch Women's Treatment Centre's expectations for women awaiting admission to the Centre while at WMS located at, 336 Pine Street, in Sudbury. Please be advised that WMS is a co-ed facility.

- You must CONTACT WMS at (705) 671-7366 THE DAY BEFORE your admission there.
- **Failure to arrive at WMS on the date assigned will cause you to lose your treatment bed.**
- Please eat before arriving at Sudbury WMS, as you will not be allowed to eat for the first 4 to 8 hours, while you are under observation.
- Upon admission to WMS, you must sign a RELEASE OF INFORMATION, allowing staff at WMS and Monarch to share ALL information during your stay. **Should you fail to sign the Release of Information, your admission to Monarch Women's Treatment will be denied.**

### MEDICATIONS

1. All medications MUST be approved by Monarch prior to your arrival.
2. A six-week supply of medications in blister packaging is required, with the exception of methadone and suboxone. Monarch will arrange to pick up the amount of medications required for your stay in Treatment, as WMS will not store that quantity of medications.

### PERSONAL SUPPLIES

Please arrive at WMS with enough personal supplies, including cigarettes, for 2 weeks.

### OUTINGS

You will **NOT** be permitted to attend any meeting or any outings, including the corner store. You will not have outings with family while in Sudbury WMS. The only exception will be participants in methadone/suboxone treatments, who will leave daily, for their prescribed dose.

PLEASE NOTE THAT MONARCH APPLICANTS WILL BE TRANSPORTED FROM WMS TO THE MONARCH TREATMENT CENTRE BY A VOLUNTEER ON THE DAY OF THEIR ADMISSION INTO TREATMENT. IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THESE EXPECTATIONS, PLEASE CONTACT THE INTAKE OFFICE AT 705-674-5090.



## Monarch Recovery Services – TRAVEL GUARANTEE

(PLEASE FAX TO 705-674-8002)

This is to certify that I will guarantee the return travel costs for

\_\_\_\_\_ whether or not she completes treatment.

Applicants are responsible for all their own transportation costs for bus, train, plane and taxi fares from home to Withdrawal Management Services and/or the Monarch Recovery Services, and for their return back home.

**Please note local taxi costs are approximately:**

**From Monarch Recovery Services to Airport - \$60.00**

**From Monarch Recovery Services to Bus Depot - \$20.00**

Signature \_\_\_\_\_ Print Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Alternate number \_\_\_\_\_

Relationship to applicant \_\_\_\_\_



**PLEASE HAVE THIS T.B. FORM COMPLETED BY  
A MEDICAL PROFESSIONAL & FAXED TO 705-674-8002.**

**Name:** \_\_\_\_\_

**RESULTS :**                      **Date received** \_\_\_\_\_  
   **Results (mm)** \_\_\_\_\_  
   **Interpretation** \_\_\_\_\_

**CHEST X-RAY REQUIRED IF T.B. TEST IS POSITIVE (results):**

**MEDICAL PROFESSIONAL'S SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**PLEASE NOTE: THE TB TEST IS FREE AT ALL HEALTH UNITS. IF THERE IS NO HEALTH UNIT IN YOUR VICINITY, MEDICAL CLINICS MAY CHARGE FOR THE TEST. IF YOU ARE RECEIVING ODSP OR ONTARIO WORKS BENEFITS, CALL YOUR WORKER AS THE COST OF THE TEST MAY BE COVERED.**

## **CONNECTIONS PROGRAM - 705-674-4193, Ext. 2235**

**(Due to program changes, please contact Centralized Assessment for occasional updates)**

**Welcome! We are looking forward to meeting you!** We realize that you may find the wait time for Treatment long. During this time there are things that you **MUST** do, in order to indicate your commitment to treatment and to keep your bed date. Once you are given a Treatment date, your file will be transferred to Lois Stargratt, our Connections Counsellor. **YOU ARE EXPECTED TO CONTACT LOIS WITHIN 7 DAYS AFTER BEING APPROVED FOR TREATMENT.**

### **Failure to complete the following requirements will result in the loss of your bed:**

You **MUST** call and speak directly to Lois ONCE WEEKLY, MONDAY TO THURSDAY, between 8:30 a.m. and 3:30 p.m., in order to keep your bed. Please note that a phone message is will be considered a check-in call; however, Lois will need to speak directly to you in order to have your call confirmed. If your call is urgent, you may also reach Stephanie at extension 2225. You will lose your bed if you fail to check in after two weeks.

- You will likely be assigned a date and time to attend WMS (Withdrawal Management Services/Detox). **Should you not arrive at WMS on the assigned day, or discharged from WMS before your admission date, YOUR ADMISSION TO MONARCH WILL BE DECLINED.**
- **COMPLETED FORMS-** We require that **Travel Guarantee Form** and **TB form** be completed and faxed to Monarch **THREE WEEKS** after you receive your Treatment date. **The fax number is 705-674-8002.**
- A doctor's letter on any **SIGNIFICANT MEDICAL ISSUES AND MENTAL STABILITY** may be required prior to your detox date. If you are Diabetic, you will need to have your sugar levels stabilized and bring a glucometer and a 6-week supply of strips and medication with you to Treatment. **Note:** If you experience significant medical problems while in Treatment, your counsellor will discharge you in order to deal with them.
- Women on Methadone/Suboxone will be required to have their prescriptions made available in a Sudbury clinic or pharmacy prior to attending detox. A Monarch driver will take you to receive your methadone/suboxone while you are at detox and weekdays while you are in treatment. You will need to arrange funds for weekend taxi fare on weekends.
- Any other **OUTSTANDING ISSUES** such as childcare, legal, banking/financial (bill and rent payment) **will need to be resolved** before you enter Treatment.

You may contact Lois Stargratt, Connections Counsellor  
Monday to Thursday, 8:30 a.m. to 3:30 p.m., at (705) 674-4193 x 2235,  
or Toll Free at (877) 431-6713 x 2235      [connect.women@srmonarchrs.ca](mailto:connect.women@srmonarchrs.ca)



## METHADONE / SUBOXONE ADMISSION CRITERIA

Monarch Recovery Services  
Assessment Office: 705-674-5090 Fax: 705-674-8002

### POLICY

**(Due to program changes, please contact Centralized Assessment for occasional updates)**

We accept women who are stabilized on Methadone/Suboxone into the *Monarch Women's 5-week Residential Treatment Program*. This will allow women on Methadone/Suboxone to participate in a program that promotes abstinence from illicit drug use, and promotes lifestyle changes consistent with abstinence from alcohol/drug use.

### REQUIREMENTS FOR ADMISSION

The applicants:

1. Must be on Methadone/Suboxone due to a serious narcotic dependency
2. Must have been on the Methadone/Suboxone Maintenance Program for at least TWO MONTHS
3. Must have been on the same dosage of Methadone/Suboxone for a period not less than 2 weeks
4. Must sign a "Release of Information" allowing the Monarch Assessment Office, the prescribing physician and clinic (or pharmacy for non-OATC) to have open communication, and access to results of any drug testing
5. Must agree to attend either the clinic or a local pharmacy for the daily dose, regardless if they are presently on "carries" - **No Methadone will be stored on site, nor will it be dispensed or supervised by staff.**
6. **Out of town OATC** applicants must have their prescriptions transferred to the OATC, 450 Notre Dame Avenue, Sudbury, Ontario, P3C 5L8, Tel. (705) 673-1116, Fax: (705) 673-7267, for the six weeks that they will be in treatment and WMS. **Out of town Non OATC applicants** will transfer their prescriptions to Loblaws Pharmacy, 82 Lorne Street, Sudbury, ON P3C 2N8, Tel. (705) 671-4721, Fax. (705) 671-2862.
7. Must make arrangements to obtain medication on holidays, prior to admission to treatment
8. Local women will continue to work with their present clinic or pharmacy to obtain their Methadone /Suboxone.

Please Note: As a general rule, women go for their Methadone/Suboxone at 9 a.m. daily.

## **APPLICANT'S INFORMATION WOMEN'S TREATMENT CENTRE**

(AGENCIES: PLEASE PHOTOCOPY FOR THE APPLICANT)

### **📌 MEDICAL**

MONARCH RECOVERY is a non-medical addiction treatment centre. We **do not** have a doctor or medical staff. If you become ill, please inform the intake office as soon as possible to change your treatment date. **Legal, Dental, Optometrist and all other medical appointments must be taken care of before your admission date.** If you require unexpected medical attention during your stay, we encourage you to go to a walk-in clinic during your free time on Saturday.

### **📁 MEDICATIONS**

Only approved medications, including herbal remedies are allowed. **YOU MUST TAKE ALL APPROVED MEDICATIONS IN THE PRESCRIBED DOSAGE UNLESS OTHERWISE DIRECTED BY A DOCTOR. YOU MUST ARRIVE WITH A 5-WEEK SUPPLY OF ALL APPROVED MEDICATIONS (except Methadone & Suboxone), PREFERABLY IN BLISTER PACK FORM; OTHERWISE, THEY MUST REMAIN IN THEIR ORIGINAL PRESCRIPTION CONTAINERS.** You must bring a drug or status card with you, or have funds available, as Monarch does not cover the cost of medications should you become ill and require a prescription. Vitamins must be in a sealed container. All medication will be counted upon your arrival.

**NOTE: Diet pills, Gravol, Nyquil, Sleepase, certain allergy medications, etc., are mood altering and must not be taken within a week of treatment, or during treatment.**

### **📞 TELEPHONE CALLS**

Confidentiality prohibits staff from disclosing information regarding our participants. You are permitted to make one check-in call upon admission and one weekly call. Other calls can be made during your free time on Saturday. Should you bring a **cell phone**, it will be stored in lockup upon admission. It will be returned for you to use during your free time on Saturday. Telephone messages will be given to you at the soonest convenient time by staff. If urgent, you will be notified immediately.

### **IMPORTANT NOTE:**

*You must bring a Bell Calling Card or purchase a pre-paid long-distance calling card prior to entering treatment, if you are planning to make long-distance calls.*

### **🏠 SATURDAY FREE TIME, VISITORS & SATURDAY PASSES**

**You will not be allowed visitors or free time during your first week of treatment.**

You may have visitors during your free time on Saturdays as follows:

- After completion of week 1, free time is 1 to 3 p.m.
- 2<sup>nd</sup> week free time is 9 a.m. to 1 p.m.
- 3<sup>rd</sup> week free time is 9 a.m. to 2 p.m.
- 4<sup>th</sup> week free time is 9 a.m. to 3 p.m. (free time info continued on next page)



All personal business, purchases and any medical issues requiring your attention are to be dealt with on your free time. If you are involved with CAS, arrangements may also be made for your children to visit with you at the Centre on Saturday, during your free time. Monarch staff is not responsible for the supervision of children during family visits.

**You may have articles dropped off by family and friends. All visitors, to Monarch Recovery Services must park on the street, present themselves at the front entrance and press the doorbell for assistance. THE SIDE DOOR IS FOR PARTICIPANTS AND STAFF USE ONLY.**

## **\$ MONEY / VALUABLES**

**Monarch Recovery is not responsible for money/valuables lost or stolen.** We request that you refrain from bringing large sums of money to the Centre. Monarch will not reimburse or replace lost or stolen money/articles/valuables. Please leave your valuables at home or place them in our residents' lockup.

## **† CLOTHING**

Women will bathe or shower daily and wear clean clothes. You will be neatly and modestly dressed at all times. You cannot wear inappropriate clothing (displaying alcohol/drug advertisements or derogatory slogans or physically revealing clothing) at any time. You may not wear hats, "hoods," bandannas or sunglasses in the Treatment Centre.

Bring clothing for physical activities, as well as sweaters, hats, coats, gloves and boots for cooler weather. Also bring sleepwear, slippers and closed-toe indoor shoes, e.g., running shoes.

During summer months, you may bring a bathing suit.

**PLEASE pack light and use smaller suitcases rather than one large one.** You are responsible for carrying your baggage up two flights of stairs. We will keep items left behind, after discharge, for up to two weeks at the Treatment Centre, after which time all items will be disposed of. You must pay the shipping costs, if you request that forgotten items be returned to you.

## **⚡ PHYSICAL FITNESS**

We advise you to bring running shoes and appropriate clothing that is suitable to these activities and to the current weather conditions. Daily walks are part of the program.

## **AA SELF-HELP MEETINGS**

You will attend **3 mandatory on-site** meetings per week (AA, NA and WFS-Women for Sobriety). The Women's Circle meeting at the N'Swakamok Friendship Centre is optional; however, you are responsible for your travel costs.

## **🍴 FOOD**

Monarch Women's Treatment Centre's menu is balanced and based on the Canada Food Guide. If you have any medical or religious dietary restrictions, please notify intake PRIOR to your arrival, to enable kitchen staff to prepare. **YOU MAY NOT BRING YOUR OWN FOOD OR BEVERAGES AT ANY TIME.** A doctor's note is mandatory if you require a specific diet. We do not cater to personal tastes or non-medical diets. **FOOD ALLERGIES MUST BE REPORTED PRIOR TO TREATMENT.**

### **RELIGIOUS SERVICES**

Church attendance is optional on Sunday. All Nations non-denominational Church will provide rides to and from the church, should you wish to attend Sunday services. You are welcome to attend a church of your choosing; however, you are responsible for your transportation costs and it must fit into the programming times.

### **SMOKING – NICOTINE REPLACEMENT THERAPY**

There is a designated smoking area outside the building for the convenience of our residents. You may not smoke anywhere else on the property. Monarch Recovery Services now offers free Nicotine Replacement Therapy (NRT). We offer the nicotine patch, lozenge, gum and inhaler. The treatment site NRT Program facilitator will provide you with the information upon your admission to the treatment program.

### **RANDOM SEARCHES AND DRUG TESTING**

**PLEASE BE ADVISED THAT WE WILL PERFORM RANDOM SEARCHES AND DRUG TESTING WHILE YOU ARE IN TREATMENT.**

**(Due to program changes, please contact Centralized Assessment  
for occasional updates)**

 **PLEASE DO BRING**

 **PLEASE DO NOT BRING**

**A 2-INCH, 3-RING BINDER for handouts**  
paper, a notebook, BLUE AND BLACK PENS for written assignments, envelopes, stamps, stationery and greeting cards for correspondence  
Loonies for photocopies  
Laundry soap & rinse are sold at Monarch  
Money for cab fare and to purchase 'optional' program materials

**DO NOT BRING VALUABLES OR LARGE SUMS OF MONEY**

**No radio, tape recorder, personal tapes, NO computer, tablets**  
**No Books, E-Readers, Magazines, Videos**

If you wear **glasses, dentures and hearing aids**, be sure to bring them with you. If you are diabetic please bring **a Glucometer**.

**NO FOOD OR DRINKS OF ANY KIND. You will be provided with a water bottle.**

A long-distance telephone card  
Personal grooming needs which include: soap, shampoo, conditioner, alcohol-free mouthwash, hair brush, hair dryer, non-aerosol non-scented deodorant and hair spray, toothbrush & toothpaste, sanitary napkins and Kleenex

**No laundry soap, Javex, scented or aerosol products, hair dye or perms, body sprays, perfume or any alcohol or solvent-based products such as: mouthwash, glue nail polish, nail polish remover –These will be stored until your discharge.**

Five dollars for laundry soap is sufficient for your 5-week stay.  
The clothes washer and dryer are free of charge; however, you must purchase special laundry soap from the agency.

**Cell phones will be stored upon arrival and their use will be controlled by staff.**  
**No Musical Instruments**

**Footwear, outerwear and clothing suitable for daily physical activity and walks, and a pair of indoor closed-toe shoes**

**No Vehicle, Bike, Motorbike, Skateboard or any type of transportation**

IF YOU SMOKE, BRING ENOUGH CIGARETTES FOR DURATION OF TREATMENT (5 WEEKS). YOU WILL NOT BE ABLE TO BUY CIGARETTES UNTIL YOUR FREE TIME ON SATURDAY.

**No crafts of any kind (including knitting), board games, cards, crosswords, coloured pencils, towels, blankets, pillows or stuffed animals.**

**Please bring your OHIP card, drug card, and contact information for family, friends, family physicians, psychiatrist, counsellors and lawyers.**



**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): \_\_\_\_\_