



Monarch Women's Aftercare Referral Information

2020

It is important that the individual sign the enclosed 'Consent to Disclose Information', if you require updates or a discharge summary. Thank you.

Monarch Recovery Services

Women's Assessment & Referral Program

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 individuals who are recovering from substance use, who seek further guidance and support to maintain a substance-free lifestyle, or are working to support and maintain harm reduction goals.

The residential program is abstinence-based:

- 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

The outpatient program is both abstinent and harm-reduction based:

- Direct Services (for applicants 16 years and older) are available to applicants living outside of the Monarch Women's Aftercare residence
- Individuals can access any or all of the programs, including 1 on 1 counselling
- Must not be under the influence of any substance when on Monarch property

Once an individual 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 the individual is determined to be suitable, a date for admission is set.

CRITERIA FOR ADMISSION TO MONARCH'S OUTPATIENT PROGRAM

- Preferably have completed a treatment or a recovery home program
- Demonstrate a personal commitment to their recovery goals

CRITERIA FOR ADMISSION TO THE RESIDENTIAL AFTERCARE PROGRAM

- Individual must be 21 days sober and 28 days drug free for our residential program
- If an applicant is prescribed psychiatric medication, further assessment will be conducted, in consultation with the prescribing physician.
- The application will not be considered as a condition of probation or parole.

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

Assessment Office Staff: Stephanie Sartor, Larissa Gislason

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

PLEASE PROVIDE A COPY OF THE FOLLOWING TO THE APPLICANT:

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

Admission Criteria for Applicants Looking for Long-term Residential Aftercare

- Applicant aged 18 and over
- 21 days sober and 28 days substance free
- Completed a program for substance use
- Desire to develop a healthy lifestyle that includes abstinence
- Commitment to remain at the Aftercare for a minimum 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:

\$95.00 + Utilities of 16.00 = \$111.00

ODSP Recipients;

\$120.00 + Utilities of 16.00 = \$136.00

Minimum Rent:

\$95.00 + Utilities of 16.00 = \$111.00

Maximum Rent:

\$444.00 + Utilities of 16.00 = \$460.00

Employment Rate:

\$30% of Gross Income + 16.00 =

(Up to the maximum market rent of \$460.00)



Individuals 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 residents are responsible for their own food, personal items and transportation.

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

...Are you looking to assist individuals aged 16+ who have completed alcohol and drug treatment, but require additional outpatient services in our community?

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

Individual Counselling Sessions are available to individuals in our community who have completed treatment and are attending one of our weekly Aftercare or life skill groups. We will provide 6 to 8 counselling sessions to assist individuals in achieving their recovery goals.

Weekly Life Skills Groups are held throughout the year. Individuals may choose from numerous workshops such as Coping with Trauma, Budgeting, Distress Management, Relationships & Communication, and Self-Compassion. Those working a harm-reduction based recovery must not be under the influence of alcohol or any substances when attending life skills groups.

We evaluate participants individually, and develop an aftercare plan based on their goals and the recommendations from 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 individuals completing treatment programming and requiring supportive housing...

...Are you looking to assist individuals 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 participants. Monarch uses a holistic approach that embraces the decision-making process that participants encounter, while learning to live and thrive free of addictive behaviours.

Rent calculation is as follows:

Ontario Works Recipients:	\$95.00 + Utilities of \$16.00 = \$111.00
ODSP Recipients:	\$120.00 + Utilities of \$16.00 = \$136.00
Minimum Rent:	\$95.00 + Utilities of \$16.00 = \$111.00
Maximum Rent:	\$444.00 + Utilities of \$16.00 = \$460.00
Employment Rent	30 % of Gross Income + Utilities \$16.00 (up to the maximum/market rent of \$460.00)

We evaluate participants individually, and develop an aftercare plan based on their goals and the recommendations from 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 Residential Support Program

Two four-bedroom apartments are available for individuals who have completed an addiction treatment or recovery program, are 21 days sober and 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

Individuals 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 document containing a set of rules and general information is available through the Assessment Office.

Program Requirements

Individuals 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 each individual. Monarch uses a therapeutic approach that embraces the decision-making process that residents 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

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>Please note: Vaping, vaping products or the use of e-cigarettes is not allowed on the property. Monarch Recovery Services offers free Nicotine Replacement Therapy (NRT). We provide the nicotine patch, lozenges, gum and inhaler at no cost.</p>	<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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For more info contact the Housing Coordinator at 705-674-4193 ext. 2245.

Monarch Women's Aftercare Programs

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. Monarch Women's Aftercare exists to provide the opportunity for recovering individuals to re-build their lives with dignity and self-respect. We believe that given support and guidance, individuals can learn to be caring, independent, self-sustaining people, who can be their own best friends.

PROGRAM MODEL (Long-term Residential and Outpatient Aftercare Programming)

We offer individual and group counselling, as well as life skills programs. Community program participants are asked to have recovery 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 substance-use; 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 individuals to learn about and utilize community resources as part of their recovery.

REFERRAL PROCESS

The applicants are expected to preferably have participated in a treatment or recovery home program, and demonstrate a personal commitment to recovery. An assessment interview will be required with the assessment staff (705-674-5090), as well as an interview with Aftercare staff to determine suitability, prior to being accepted by the program. We do accept individuals on Opioid Replacement Therapy for residence. Approved, prescribed Methadone/Suboxone carries can be stored on site. We accept referrals from self, family, friends, employers, clergy, doctors and other addiction and social service agencies. When admitted into Monarch Women's Aftercare residence, the individual 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

Individuals are expected to be 21 days alcohol free and 28 days substance free, and to make a commitment of 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.

The residents 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 the housemates.

RESIDENTS WHO DRINK/USE DRUGS

Our residential program is abstinence-based, and it is not uncommon for participants who have been through treatment to either drink again or use substances. If this occurs, we will meet with the resident to assess the situation. If an individual 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 participant'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/
Information Regarding: (Please print)

Name DOB (day/month/year)

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

**This consent shall expire once the person
has completed their service or upon discharge.**

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

Signature: _____ Date: _____

Witness: _____ Date: _____