

RESIDENTIAL INFORMATION

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 Assessment or Connections Counsellor as soon as possible to change your treatment date. **Legal, Dental, Optometrist and all other medical appointments must be completed 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.
- You must inform the Connections Counsellor of any changes in medication prior to your admission
- **NOTE: Diet pills, Gravol, Nyquil, Sleepase, certain allergy medications, etc., are mood altering and must not be taken within one week of treatment, or during treatment.**

✓ **ADMISSION HEALTH AND SAFETY PRECAUTIONS: Due to pest and environmental controls, all clothing must be placed on high heat in the dryer for 20 minutes upon admission. Avoid bringing delicates and clothes that cannot go in the dryer as those will remain in storage.**

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. Phone calls are typically limited to 10 minutes. 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. *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.*

🏠 Weekend Outings

During your stay at *Monarch Recovery Services*, your safety is our priority. To support individuals in their recovery process, weekend outings are not permitted in the first two weeks of treatment. During your 3rd and 4th weeks, you may submit a 'Request for a Weekend Outing'. Details of your outing contained in this form will be discussed with your Primary Counsellor. Our goal is to support you in developing a safety plan while spending time in the community. **Approved outings are on Saturday from 11 a.m. to 2 p.m. You are expected to return to the Centre on time. Should you arrive late, it may result in discharge. Please be aware that your belongings will be searched upon your return.**

💰 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

Residents will brush their teeth, bathe, or shower and wear clean clothes daily. 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," bandanas 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 (A.A., WFS-Women for Sobriety and N.A.). There is one **OPTIONAL** meeting; The Women's Circle meeting at the N'Swakamok Friendship Centre, for which you will obtain more information following your admission.

FOOD

Our Residential 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 cost and the service time must be compatible with our programming.

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. **Vaping or the use of e-cigarettes is not allowed on Monarch properties.**

Monarch Recovery Services now offers free Nicotine Replacement Therapy (NRT). We offer the nicotine patch, lozenge, gum and inhaler at no cost. The treatment site NRT Program facilitator will provide you with the information upon your admission to the treatment program.

PET THERAPY

It is possible that at some point during treatment you may be exposed to pet therapy animals. If you have any concerns regarding this please let staff know.

DAILY CHORES

You can expect to do house chores such as setting the table, doing dishes and other light chores, as part of the daily routine.

RANDOM SEARCHES AND DRUG TESTING

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