

Addiction Services, Health PEI

# Transition Unit Client Handbook

Basic Information

Transition Unit

Provincial Addictions Treatment Facility



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Welcome to the Transition Unit. We are happy you decided (or are considering) to reach out for help and engage yourself in our 21-day program. We want you to know you are welcome here, whether it is your first or 87<sup>th</sup> time. You've already done an incredibly challenging thing by reaching out, and now that you have, it is our turn to do whatever we can to ensure this program meets your specific needs.

No two people are exactly alike. We strongly believe that whoever comes through our doors has a unique story, history, values, and interests, making you, you! One of our other core beliefs is that an individual should not form around a program, but rather a program should form around the individual. For us, that means that while you are here, you can expect your caseworker to work with you to tailor the Transition Unit program to meet your unique needs. As long as we keep your safety and the safety of others, the plan you create with your caseworker can be as creative as you need.

We believe everything comes down to relationships. To make a successful recovery plan, we want to get to know you and find out what you need and your goals for your life and recovery. We know it is not always easy for everyone to open up and trust strangers, so we hope you will continue your newly established pattern of significant steps and take another one!

## **ROOM AND PERSONAL ITEMS**

Your room has the basics for your stay – bed, desk and wardrobe. Some people like to bring art or photos to personalize the space and make it feel more “home-like.” We provide fresh linen and towels; you will find these near the main Transition Unit office.

Similarly, to a hotel, if you need soap, shampoo, and basic toiletries, we will provide them. Something to keep in mind is our scent policy. We are scent-free and have staff and other residents who have allergies to strong scents, so to respect them, we ask you to join us in refraining from wearing strongly scented soaps, shampoos, and deodorants. Often, the culprits of the problem scents are Old Spice, Irish Spring, and Axe. If you forget, no worries; one of our staff can safely lock these items up until you leave. Thanks for helping us with this!

Your bedroom is shared with your roommate. These are personal, semi-private, and quiet spaces. Sometimes people need to check out from the larger group and have space for journaling or reflecting; your bedroom can be that place for you. We don't encourage the bedrooms to hang

out with people who are not your roommate. Trust us; there are far more comfortable places to hang out with people.

If you have a vehicle and wish to access it while here, we have many parking spots for you to choose from at the front of our building.

## **GENERAL EXPECTATIONS**

While you are engaged with the Transition Unit program, we have expectations for ourselves and you.

### **You can expect from our staff:**

- To be treated with respect and dignity
- To uphold confidentiality
- To create time for you to meet with your Case Worker as regularly as needed to develop and carry out your recovery plan
- You will always direct any recovery plan decision
- Our group sessions to start on time

### **What we would expect from you:**

- To participate in a daily routine, including being up throughout the day, attending meals, and going to bed by 11:00 pm
- To maintain the confidentiality of your co-residents
- Meet with your case worker regularly regarding the plan you two have developed
- Clean up after yourself
- Remain on the unit unless escorted by staff
- Attend all groups and activities on time
- Be respectful and non-judgmental while participating in all aspects of the program
- Abstain from all substance use, gambling, and other problematic behaviours, for which you may seek support. Tobacco is not permitted on Health PEI properties (we can store your tobacco products securely, and they can be taken with you when you're heading out to meetings, appointments, or on passes)

## Core Programming

The complete Transition Unit program is offered over 21 days. Our programming has two significant components: Recovery Planning and Psycho-Educational Groups. Following your intake, you will know which staff person is assigned to support your recovery plan. Our groups are throughout the day. You will be engaged by our group facilitator, who will teach you about the core elements found in recovery-based research.

### What is a Recovery Plan?

We focus on your life and recovery goals and help you create a step-by-step plan. Currently, we are using a method of goal setting called SMART goals. Your caseworker will sit with you and walk you through the process of developing a SMART goal and help break it down into steps you can work on while in the Transition Unit and continue after you leave. Your caseworker will share more details about this with you.

## YOUR TREATMENT TEAM

There are many members of your treatment team, including:

- Addiction Worker
- Social Service Worker
- Social Worker
- Registered Nurse
- Licensed Practical Nurse
- Addiction Counsellor
- Psychiatry (as needed)
- Doctor

## MEALS

*Please inform staff if you have any allergies or additional dietary needs.*

Meals are provided three times a day:

- **Breakfast** is at 8:00 am
- **Lunch** is at 12:00 pm
- **Supper** is at 5:00 pm

Mealtimes are usually half an hour in length.

Fresh fruit, tea, coffee, and other snacks are available all day in the Transition Unit kitchen.

Please refrain from bringing in outside food or having outside food/snacks dropped off to you.

## **MEDICATIONS**

The Inpatient Withdrawal Management Physician will prescribe medications before you arrive in the Transition Unit. Medications will be pre-arranged with the Transition Unit nursing staff.

Nursing staff will assist with medications administered at times posted next to the main Transition Unit office door. If you have medical requests during your stay, please speak with the nursing staff to address them.

## **COMPUTER**

A computer is available for individual case planning needs, including searching for jobs, apartments, career cruising, filing EI, etc.

## **LAUNDRY**

A washing machine and dryer are available for your use.

## **PHONE CALLS**

Two shared client phones are available. The numbers are 902-620-3269 and 902-620-3938.

## **RECOVERY MEETINGS**

Each week there are three scheduled meetings available. These meetings are optional.

**Monday: NA or AA (community-based)**

**Wednesday: NA or AA (in-house)**

**Friday: NA or AA (community-based)**

The Transition Unit staff will provide a taxi for you to get to and from these meetings safely.

## **INDIVIDUAL RECOVERY PLAN & PERSONAL PASSES**

After completing a pass request form, all passes must be approved by the Transition Unit Supervisor or the Clinical Team Lead.

It is not recommended for passes to begin until after you have had two nights on the unit. We have found that passes within the first two days provide too much temptation to exit the program early. This does not happen with everyone, but it has been the case for many.

Upon returning to PATF after all passes, staff will ask to do a non-invasive search of the items you bring back to the unit. We will ask you to empty your pockets and allow us to search your jacket, sweater, or coat. We do this to ensure the integrity of the program is maintained, as well as the safety of all residents.

## **FAMILY VISITATION AND SOCIAL PASSES**

Clients may also use the pass request form to request off-site social or family passes. Each Saturday, we have an 8-hour pass available to you. This is an opportunity to take care of the tasks needing to be done without worrying about missing out on programming. It could be tasks such as getting your haircut, shopping, cutting your lawn, going to lunch with a supportive friend, etc.

We have a family room available to you to be used for family visits. You can have a family member visit whenever is convenient for them. We try not to have outings or visitations during group times. Still, we recognize it is not always realistic to expect your family's competing demands to work around our schedule, so we approach it case-by-case.

## **RECREATION & EXERCISE**

When you are not in a group or working with your caseworker, we have various things to help you relax, practice mindfulness, get physically healthy, and perhaps start a new routine and habit. Here are some of the things we have available:

- Televisions on the unit with cable and DVDs.
  - Some find unplugging after a day of heavy topics and discussions helpful. We recognize it is essential to have time to slow down and turn your brain off!

- Board games, card games, jigsaw puzzles, crosswords, books, painting, craft supplies, guitars with instruction books
  - Tactile activities slow us down and are an excellent opportunity to practice the mindfulness skills you will learn here.
  - Practicing or learning a new instrument is essential as it forges new connections in your brain. Forging new connections in your brain, learning or re-learning is essential to recovery.
- Exercise equipment is available in the gym
  - We recognize that the body needs to be exercised like your mind. Maybe you are a gym-veteran, or maybe it is something new you have wanted to try; our staff can help support researching workout plans and will give you access to our on-site gym.
- Within the group programming, there are times for physical activities, fun recreational activities, and going outside for fresh air
  - Connecting with the outdoors is essential, and we make space and opportunity for you to get out and walk our “Serenity Trail” or sit underneath a mature Willow tree and enjoy the nature around you.

## **LOOKING FORWARD TO PARTNERING WITH YOU**

This program is for you. Your recovery is your own; no one can make the choices for you, and no one can claim the successes you have. We are the supporting cast and are here to help you in any way we can. You have an excellent team here to support and encourage you, no matter your background; know there is no judgment here. We believe wholeheartedly that the veil between staff and residents is thin; we may find ourselves in the other’s position one day. If you need anything that has not been addressed, please don’t hesitate to bring it up with any of our staff.

Welcome to the Transition Unit.