

## 2<sup>ND</sup> STAGE HOUSING

### Quick Facts

- Safe affordable housing with income support from Alberta Works.
- Structured and has a great routine
- Programing for the first 14 weeks of the second stage housing
- Program runs 3 days a week between 10 am-4 pm
- Client-centered philosophy
- Friendly and respectful atmosphere
- Accommodations for most special needs, such as mobility issues , literacy & language issues
- Certified and experienced staff



## INFORMATION PACKAGE

### **Integrated co-occurring disorder program for adults suffering from addiction & mental health issues**

The 2<sup>nd</sup> stage program was created to help reduce barriers for clients at a higher risk for relapse. The program has a mandatory 14- 42 day outpatient treatment program that is evidence based and facilitated by a certified addictions counselor. The second part of the 2<sup>nd</sup> stage housing program focuses on life skills, budgeting, Employment and job search skills along with resume building. We will also help you navigate through any other programs you may be interested in.

The first 14 weeks of the program are designed to complement the 56- day residential treatment program at Kapown Rehabilitation Centre. This outpatient treatment program is focused on co-occurring disorders. You will learn to live a safe and healthy lifestyle and also how to budget on a limited amount of income. The purpose of this program is for the client to regain their sense of self and enjoy increased confidence in moving forward in their new sober lifestyle.

Our treatment philosophy is based on the recognition that addiction is a disease which effects a person physically, mentally, emotionally and spiritually. We help individuals find the motivation, skills, resources and inner strength they need to maintain a clean and balanced lifestyle



## HOW IT WORKS?

YOU DECIDE IF THIS PROGRAM IS RIGHT FOR YOU.  
YOU SPEAK WITH YOUR CURRENT COUNSELLOR IN  
RESIDENTIAL TREATMENT AND ASK FOR AN  
APPLICATION FORM. YOU WILL NEED TO COMPLETE  
SOME ASSESSMENTS ONLINE. ONCE YOU HAVE BEEN  
ACCEPTED WE WILL THEN START THE INCOME  
SUPPORT PROCESS. ONLY THOSE WHO  
SUCCESSFULLY COMPLETE THE 56 DAY PROGRAM AND  
ARE IN GOOD STANDING MAY CONTINUE INTO THE 2<sup>ND</sup>  
STAGE PROGRAM



The Serenity Prayer

God. Grant me the  
Serenity to accept the things  
I cannot change, the courage  
to change the things I can.  
And the wisdom to know the difference.

### **Participants are expected to**

- Treat staff, participants, visitors and the property with the outmost respect
  - Attend all scheduled sessions and be on time
  - Take an active role in group, sessions, events and activities
    - Be fully and appropriately dressed,
    - Respect other genders and be open and unbiased.
- Respect the right to confidentiality, who you see here, what you see here, let it stay here!
  - Listen when others are talking
  - Keep your language clean and respectful

*“This is your journey of discovery to recovery “*