

NOW CANADA SOCIETY

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RESIDENTIAL / DAY PROGRAM REFERRAL PACKAGE

**THE NOW CANADA SOCIETY
NEW OPPORTUNITIES FOR WOMEN
MISSION STATEMENT:**

The Mission Statement of the NOW Canada Society of Kelowna is to provide programs, ongoing support, hope and wholeness to female youth that have been victims of sexual exploitation in our Community and Province.

NOW CANADA SOCIETY ADMISSION CRITERIA

- Female youth between the ages of 15 to 29 who have been sexually exploited.
- Participants must be willing and motivated to make life style changes.
- Participants are required to have between 5 days to 2 weeks clean time depending on the substance misused.
- Participants must be able to physically and mentally take part in all activities.
- Participants in the Residential Program must attend a full time day program.
- Participants are required to obtain a drug and alcohol counselor.
- Participants are required to attend 2 -12 step meetings per week.
- Drug screen are conducted weekly and randomly. NOW Canada Society is an abstinence based program.
- NOW Canada does not accept clients who are on methadone.

THE RESIDENTIAL PROGRAM

Now Canada Society operates three homes within the City of Kelowna and has residential placements for up to thirteen young women. All homes operate under the direction of a live-in House Director who is available for support and guidance. The safe homes do not provide twenty four hour supervision and, therefore, are not appropriate for clients who self-harm, are violent or suicidal, are unstable, or who have mental health issues that are not being treated or that require more supervision or support than NOW can provide.

Two of the NOW homes are for single participants and the other is for women who have children and/or are pregnant. This home provides a supportive environment for women to keep their children with them or have visits with children that may not be in their custody.

All participants are welcome to remain in the homes for approximately six months depending on each individual's needs and follow-care plan after graduating from ASK. When a participant moves into an independent living situation, she becomes part of NOW's Follow Care Program.

THE ASK LEARNING CENTRE

This classroom environment has been established to provide a program that meets the specific needs of the NOW client base. Many different areas in life skills and career planning are explored in a three-month program. ASK modules include:

- Goal Setting
- Self Esteem
- Creative Expressions
- Problem Solving
- Budgeting
- Computer
- Career Planning
- Anger Management
- Stress Management
- Discovery Adventures
- 12 Step Group
- Equine Therapy

THERAPEUTIC MENTORSHIP PROGRAM

The Therapeutic Mentorship Program (TMP) offers the women accessing our services the opportunity to receive therapy with trained EMDR therapists. EMDR (Eye Movement Desensitization and Reprocessing) is a therapy technique that helps individuals overcome traumatic life events such as sexual abuse. It is our belief that if we are to assist women in making a life-style change, we need to support them in addressing the issues that led them to make negative life-style choices initially.

EQUINE THERAPY PROGRAM

The Equine Therapy program is available to participants in the ASK Learning Centre as part of dealing with personal and interpersonal behavioral issues. In this program, participants work with a trained equine therapist who guides them in how to relate to and manage horses. In the process of relating to the horses, participants discover many things about themselves which helps them to identify and address their own personal issues.

THE FOLLOW CARE PROGRAM

Upon completion of either the Residential or ASK Learning Centre programs, participants have the opportunity to become part of the NOW Canada's Follow Care Program. This program has been established so that support, contact and encouragement can be provided to those participants ready to leave NOW and branch out on their own. A contact schedule is set up and a follow care plan is developed and implemented with each individual. Participants remain active in the Follow Care Program for as long as they require this support.

Follow Care Participants have the opportunity to apply for second stage-subsidized housing. Requirements for eligibility at the NOW Place Apartments is 10 – 12 months clean time from drug and/or alcohol misuse.

PROGRAM FEES

In the Residential Program, participants are required to pay room and board: \$550.00 per month in the single participant homes and \$620.00 in the Mom and Child Home (if child is with mom). Exceptions are made for those participants who are ineligible to receive any form of financial assistance.

ASK is funded by Service Canada and, therefore, is free for all participants.

WHAT CAN WE DO?

When a young girl decides to leave life on the street, her immediate need is a safe, warm, supportive, non-judgmental environment to go to. There is usually a window of opportunity when the youth reaches out and has the courage to leave her abusive environment. NOW Canada employees and volunteers believe that these opportunities must be seized and help must be offered to them in any way we can. If you are being sexually exploited and need help, you can call NOW Canada twenty-four hours a day. If you are concerned and wish to help out or you require additional information, please call the NOW Canada office.

NOW Canada Society
RESIDENTIAL / DAY PROGRAM REFERRAL APPLICATION

Is this a residential referral? _____ If yes, is it for the Mom/Child Home or single participant home? _____

Name: _____

Address: _____

Phone: _____

Age: _____ Birth date: _____

SIN #: _____ Medical #: _____

Social Worker: _____ Phone: _____

Family Doctor: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Legal guardian (if under 19) and phone #: _____

REFERRAL CRITERIA

1. Are you willing to make life style changes?
Yes _____ No _____

2. Are you able to mentally and physically participate in all activities?
Yes _____ No _____
If no, please explain: _____

3. Are you on methadone? Yes _____ No _____

4. How much clean time do you have? _____

5. What kind of support are you seeking? _____

6. If this is a residential referral, are you planning on attending ASK (our day program)? Yes _____ No _____
If not, what other programs do you have in place? _____

7. Are you dealing with any mental health issues (ie. eating disorders, self-harm behaviours, depression, anxiety, suicidal thoughts/attempts, etc.)?

Yes _____ No _____

If yes, please explain: _____

8. Are you on any medication? Yes _____ No _____

If yes, please list: _____

9. How do you express yourself when you are angry? _____

10. Your current and past history with substance use includes:

Substance Misused	√
Alcohol	
LSD (acid/MDA)	
Cocaine (crack)	
Heroin (down)	
Cannabis (marijuana, hashish, hashish oil)	

Substance Misused	√
Opiates (codeine, opium, morphine, Demerol, methadone)	
OTC – (over the counter prescription drugs (decongestants, laxatives, etc.)	
Benzodiazepines (valium, clonazepam, ativan)	
Met amphetamine (crystal meth, speed)	
Inhalants (solvents, aerosols)	

Other: _____

11. Who is the referring agency? _____

12. Is the referring agency available for support? _____

COMMENTS/ADDITIONAL INFORMATION:

Residential Expectations

While you are a resident in the NOW Canada Residential Program, the following expectations must be adhered to and respected at all times. If you choose to violate these rules and guidelines, there will be consequences and possibly a review of your placement in the program.

1. Possession or use of alcohol or drugs (including drug paraphernalia) will not be tolerated.
2. Weapons of any kind are not permitted in NOW Canada residences.
3. There is to be no sexual relations in NOW Canada residences.
4. Participants must sleep in their assigned rooms and beds at all times.
5. Participants are required to be in their rooms by 11:00 pm Sunday –Thursday. After 11:00 pm, the noise level needs to be kept to a minimum.
6. Pagers and/or cell phones are not permitted. They can be given to the House Director and will be returned when you leave the program.
7. No telephone calls after 11:00 pm.
8. Smoking areas are determined by the House Director. No smoking inside any NOW Canada residences.
9. Washer and dryers are to be used as set out by the House Director.
10. Chores are assigned weekly during the House Meeting. Failure to complete any assigned weekly chore will result in a written warning and/or possibly a \$5.00 fine.
11. Suitable clothing is required in the house. Participants are asked not to wear undergarments in the common area.
12. Visitors are not permitted at the residence.
13. All prescription and over-the-counter medications and/or vitamins must be turned into the House Director and will be administered as per the prescription instructions. The Client Support Coordinator must be notified of any changes to your prescription medications.
14. All residents are to maintain good personal hygiene at all times. Any residents that are unaware of what is required are to ask for guidance from their House Director.
15. Curfew times are: Sunday to Thursday 10:00 PM, Friday and Saturday 11:00 pm. Any participant who does not return home will be automatically discharged for 30 days.
16. When a Participant leaves the program, she is responsible for packing and moving her own belongings and cleaning her room. If a Participant leaves without her belongings, the room will be packed for her and she will need to make arrangements through the office to pick them up. Anything that is left for more that two weeks will automatically be disposed of.
17. Requests for overnight passes must be given in writing to the Client Support Coordinator by Wednesday of each week. No passes are approved for the first 30 days. All Participants under the age of 19 need permission from their legal guardian for overnight passes.
18. House meeting attendance is mandatory and is held weekly on Mondays after dinner.
19. For safety reasons, Staff may search bedrooms and belongings without the consent of the participant.

Participant

Date