

**now canada society**

**ESSENTIALS**

**Safe House and Life Skills Programs  
Referral Package**

Please return to:  
now canada society  
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**Mission Statement:**

NOW Canada inspires change by providing a client-centered continuum of care for women, youth and their children, who are vulnerable, exploited or homeless.

## THE SAFE HOUSE PROGRAM

NOW Canada Society operates 4 safe homes within the City of Kelowna.

NOW has 3 homes in our 1<sup>st</sup> stage of housing with a total of 12 beds. Participants are required to have a minimum of 5 days without substance use. These homes provide structure, accountability, and consistency to women early in recovery. Connie's House has a live-in House Director. Gail's House is currently being run as a Mom/Child Home with staff in attendance from 4:00pm to 7:00am daily. The 3<sup>rd</sup> home has staff from 8:00pm to 7:00am with staff or peer mentors attending mandatory dinners 4 nights per week.

The 2<sup>nd</sup> age of housing is the Follow-Care Home which has 4 beds. This is for Participants who have a minimum of 8 months without substance use, a solid program of recovery and attend school, work or programming full time. Although there is no staff supervision, less structure and fewer rules, participants are still required to comply with drug screens and weekly meetings with their support worker. Once participants have approximately ten months without substance use and have demonstrated living a healthy life style they may be eligible to apply for a low-income apartment.

## ESSENTIALS LIFESKILLS PROGRAM

This classroom environment has been established to provide a program that meets the specific needs of the participants. Many different areas in life skills are explored in a four-month program which runs Monday to Friday. Modules included in the Essentials program are:

Strength Finders	Boundaries
Self Esteem	Stress Management
Problem Solving	Healthy Relationships
Budgeting	Holistic Healing
Anger Management	Grief and Loss
Healthy Sexuality	Communication Skills
Resume/job search support	Acupuncture
Art therapy	Art
Volunteering	Conflict Resolution

## TRAUMA THERAPY PROGRAM

Participants in Essentials are eligible to receive trauma therapy. Trauma therapy provides participant with the opportunity for healing past and current traumas. Participants gain insight and awareness as to what brought them to where they are today and the necessary skills to make healthier choices in the future.

## **EQUINE THERAPY PROGRAM**

The Equine Therapy program is available to participants in the Essentials program 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 Essentials, 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.

## **PROGRAM FEES**

Minimum 5 days without substance use:

\$550.00 room and board for participants on income assistance.

\$800.00 room and board for participants on PWD.

Follow-Care minimum 8 months without substance use:

\$450.00 rent. Residents are responsible for own food.

Exceptions may be made for those participants who are ineligible to receive any form of financial assistance.

There is currently no fee for community participants who attend Essentials.

## ESSENTIALS REFERRAL FORM

### ADMISSION CRITERIA:

- Women between the ages of 15 to 40 who are willing and motivated to make life style changes. Exceptions may be made to women over 40 depending on circumstances.
- Must have 5 days or 8 months without substance use depending on the stage of housing you are applying for.
- Must be physically and mentally able to take part in all activities. **Because we do not have 24 hour supports in our homes, we are unable to accept clients who self-harm, have an eating disorder, are suicidal or violent, or have mental health issues that are not being treated or that require more supervision or support than NOW can provide.**
- Are required to attend 2 -12 step meetings per week.
- Essentials is an abstinence based program and urine drug screens are conducted bi-weekly and randomly.
- Methadone or Methadose is not permitted.
- Opiates and benzos are not permitted.
- Suboxone is accepted.

Pls intial that you fit the admission **criteria** and have read the program **fees**: \_\_\_\_\_

Are you applying for the life skills program only? \_\_\_\_\_

If not, which safe house are you applying for?:

1<sup>st</sup> Stage (minimum 5 days without substance use): \_\_\_\_\_ Mom/Child Home \_\_\_\_\_

2<sup>nd</sup> Stage (minimum 8 months without substance use): \_\_\_\_\_

Referral Agency/Phone #: \_\_\_\_\_

Client Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Medical : \_\_\_\_\_

Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Social Worker: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Legal guardian (if under 19) and phone #: \_\_\_\_\_

**In order to accurately assess if Essentials is a fit for you, please answer the following questions:**

1. Are you willing to make life style changes?

Yes \_\_\_\_ No \_\_\_\_

2. Are you able to mentally and physically participate in all activities? \_\_\_\_

If no, please explain: \_\_\_\_\_  
\_\_\_\_\_

3. Are you on Suboxone? \_\_\_\_

—

4. How much time do you have without substance use?

\_\_\_\_\_

5. Are you concerns about other areas: (ie. shopping, gambling, hoarding, etc.): \_\_\_\_

If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_

6. Have you been diagnosed with or have you experienced any of the following:

Eating disorders\_\_\_\_ Self- harm behaviors\_\_ Depression\_\_ ADHD\_\_

Suicidal thoughts/attempts\_\_ Anxiety\_\_ PTSD\_\_ OCD\_\_

BPD\_\_ Brain injury\_\_ FASD\_\_ Bi-polar\_\_ Mania\_\_

Night terrors \_\_ Other \_\_\_\_\_

Please provide history of mental health including past hospitalizations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Are you on any medications? \_\_\_\_ If yes, please list and describe what they are for:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Are you on probation or have court pending? If yes, please explain:

\_\_\_\_\_  
\_\_\_\_\_

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

Substance Misused	√
Alcohol	
LSD (acid/MDA)	
Cocaine (crack)	
Heroin (down)	
THC )	

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)	
Fentanyl	

What is your drug of choice? \_\_\_\_\_

10. Do you have children? \_\_\_\_\_ If yes, please explain custody, visitation, MCFD involvement, etc.: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

11. Have you tried recovery in the past? If yes, what worked and what didn't work?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

12. Tell us why you would like to come into NOW Canada Programs:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

13. Any other information that you would like us to know: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

14. Income source: \_\_\_\_\_

I have read and answered the questions to the best of my ability. I understand that if I am accepted into Essentials under false pretenses (ie. do not fit the admission criteria or have withheld pertinent information) that I will be discharged and will not be able to re-apply for 30 days.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Upon completion,  
 fax to (250) 868-3876 or email to [support@nowcanada.ca](mailto:support@nowcanada.ca).  
 Confirm receipt of referral by calling (250) 763-3876.