

# **NOW CANADA SOCIETY**

2970 TUTT STREET

KELOWNA, BC

V1Y 8Z5

TELEPHONE (250) 763-3876

FAX (250) 868-3876

EMAIL – [support@nowcanada.ca](mailto:support@nowcanada.ca)

## **RESIDENTIAL / DAY PROGRAM REFERRAL PACKAGE**

THE NOW CANADA SOCIETY

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.

## **NOW CANADA SOCIETY ADMISSION CRITERIA**

- Females between the ages of 15 to 40 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 require a minimum of 5 days clean time. The other is a Follow Care Home and requires a minimum of 5 months clean time with a solid recovery program. NOW Canada partners with another community agency to provide beds in their Mom/Child Home.

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 Essentials. When a participant moves into an independent living situation, she becomes part of NOW's Follow Care Program.

## **ESSENTIALS DAY PROGRAM (previously "ASK")**

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 four-month program. Modules included in the Essentials program are:

Goal Setting  
Self Esteem  
Problem Solving  
Budgeting  
Anger Management

Boundaries  
Stress Management  
Healthy Relationships  
Yoga Therapy  
16 Step Empowerment Group

## **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 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 either the residential or day program, 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 \$550.00 room and board. For the Follow-Care Home, participants can either pay \$550.00 room and board or \$400.00 rent and be responsible for own groceries.

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

There is no fee for community participants who attend Essentials.

**NOW Canada Society**  
**RESIDENTIAL / DAY PROGRAM REFERRAL APPLICATION**

If this is a Residential referral, for which home are you applying (single, follow-care, or community partner Mom/Child Home)? \_\_\_\_\_

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

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

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

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

Age: \_\_\_\_\_

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

SIN #: \_\_\_\_\_

Medical #: \_\_\_\_\_

Social Worker: \_\_\_\_\_ 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 and what have you been using?

\_\_\_\_\_

5. Other areas of concern (shopping, gambling, hoarding, etc.): \_\_\_\_\_

\_\_\_\_\_

6. 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 in detail: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Are you on any medication? Yes \_\_\_\_ No \_\_\_\_ If yes, please list: \_\_\_\_\_

\_\_\_\_\_

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)	
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: \_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

**UPON COMPLETION OF THE ABOVE PLEASE FAX TO NOW CANADA SOCIETY (250) 868-3876. CONFIRM RECEIPT OF REFERRAL BY CALLING (250) 763-3876.**

## 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. Participants must sleep in their assigned rooms and beds at all times.
4. 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.
5. No telephone calls after 9:00 pm.
6. Smoking areas are determined by the House Director. No smoking inside any NOW Canada residences.
7. Washer and dryers are to be used as set out by the House Director.
8. Participants are expected to clean up after self daily and complete all assigned chores weekly. Failure to do so will result in written warnings. Several warnings can result in discharge.
9. Suitable clothing is required in the house. Participants are asked not to wear undergarments in the common area.
10. Visitors are not permitted at the residence. Participants are not to give out the address of the safe house.
11. 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. Any changes to dosage or stopping a medication requires a doctor's note.
12. All residents are to maintain good personal hygiene at all times.
13. Curfew times are: Sunday to Thursday 9:00 pm, Friday and Saturday 11:00 pm. Any participant who does not return home will be automatically discharged for 30 days.
14. 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.
15. Requests for overnight passes must be given in writing to the Program 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.
16. House meeting attendance is mandatory and is held weekly on Mondays after dinner.
17. For safety reasons, Staff may search bedrooms and belongings without the consent of the participant.

---

Participant

---

Date