



## POST-TREATMENT SERVICES FOR ALUMNI

- > Online Alumni Support
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- > Residential Alumni Program
- > Full-Time Recovery Coach
- > Alumni Dinners
- > Alumni Community Meetings
- > Electronic Meetings
- > Sober Living
- > Online Family Support

### Online Alumni Support



By participating in the online support program, alumni can receive ongoing support from the clinical staff at Sunshine Coast Health Center. Participants receive a weekly email linking them to a secure website

where a topic is introduced along with several thought-provoking questions pertaining to the topic. Client responses are then reviewed by the recovery coach. In addition, participants in the online support program also have the opportunity to update staff on their recovery and, if necessary, reach out for help. For clients who don't have the time or inclination to read the lesson, a video summary of the lesson is also provided. Hosted by program director Geoff Thompson, Ph.D. (cand.), each lesson provides fresh new content that focuses on the practical aspects of addiction recovery.

This service is provided on a free basis for as long as an alumnus maintains a valid email address.

### Refresher Weekends

Exclusive to Sunshine Coast Health Center, alumni are welcome to take advantage of free refresher stays to reconnect, regroup and regroup with staff and peers. Refresher weekend program participants are encouraged to attend large group activities and share their stories as a way of giving back.

Note: Requests will be approved by clinical staff on an individual basis. Please call to make a reservation two weeks in advance.

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## INTRODUCTION

Those who complete the residential addiction treatment program at Sunshine Coast Health Center can be justifiably proud of the accomplishment. After all, recovery takes courage and patience—two virtues which are not required when one is stuck in active addiction. While we recognize that treatment is a crucial first step, your life **after** treatment is, ultimately, what matters most.

## WHY THIS BROCHURE?

Our experience working with clients over the years is that, in the excitement of returning home, many clients forget how important it is to use the tools and support provided for the difficult transition and ongoing challenge of life after treatment. Sunshine Coast has developed a program for alumni that recognizes the need to replace the protective 'bubble' of residential treatment with an alternative structure at home. Post-treatment services assist clients in connecting to:

1. the clinical staff at Sunshine Coast
2. family and friends
3. resources in their home community

Sunshine Coast Health Center recommends that clients and their families take full advantage of the programs and services detailed as follows: ►

## For more information about Sunshine Coast Health Center:

**Clinical Brochure:** A Review of Therapies and Clinical Services

**Corporate Brochure:** An Overview of Residential Addiction Treatment & Recovery Services

**Post-Treatment Services:** An Overview of Tools and Support for Clients Following Treatment

**Family Services Brochure:** An Overview of Tools and Support for Families

**For general information about addiction in your community:**

**Drugs of Abuse:** An Identification Guide

**Family Intervention:** Getting Help for a Loved One Who Won't Stop Using Drugs or Alcohol

**You Are the Key:** 10 Steps for Employers to a Drug-free Workplace



**Sunshine Coast Health Center**

Residential Addiction Treatment & Recovery Services



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Sunshine Coast Health Center is licensed by the British Columbia Ministry of Health

Sunshine Coast Health Center is an approved provider with the Blue Cross Federal Program

Sunshine Coast Health Center is an accredited health care provider with Accreditation Canada

**Sunshine Coast Health Center**



# Post-Treatment Services

## An Overview of Tools and Support for Clients and Their Families



[www.schc.ca](http://www.schc.ca)

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Clients who have experienced emotional or physical relapse are recommended to participate in the residential alumni program.

### Residential Alumni Program



While a client's initial treatment is intended as a foundation for recovery, the residential alumni program offers alumni the unique opportunity to deconstruct their relapse or slip. As a client progresses through the alumni

program, he will go through (1) a period of stabilization, then (2) therapy designed to help turn a relapse into a teachable moment followed by (3) developing practical tools to strengthen his recovery lifestyle.

To encourage clients to return, Sunshine Coast offers a significant price reduction for the residential alumni program, an expedited admission process and a flexible length of stay. Admissions to the residential alumni program are approved by clinical staff on an individual basis and are subject to bed availability.

### Recovery Coach

At Sunshine Coast, we recognize that clients returning home require additional resources to replace what they had during treatment. In response to this challenge, a full-time recovery coach has been designated to work with alumni and keep them engaged in their personal recovery. Clients get to know the recovery coach while in treatment, which provides the trust and familiarity necessary to partner with them following their return home.

The recovery coach stays connected with clients through many of the alumni services detailed in this brochure as well as facilitating communication between alumni and the rest of the clinical team.

### Alumni Dinners



New to Sunshine Coast, alumni dinners are informal recovery events held in towns and cities across British Columbia and Alberta. Alumni dinners provide an opportunity to connect with other alumni and build a local

recovery community. For more information on scheduled dates and times visit the News & Events page or contact us if you would like to help organize an alumni dinner.



### Alumni Community Meetings

Clients returning to Victoria, Calgary, Edmonton and Vancouver can attend alumni-only support groups on either a weekly or bi-weekly basis (depending on the city).

### Electronic Meetings

New to Sunshine Coast, electronic meetings are now available as a convenient way to re-experience the power of a peer group. Facilitated by the recovery coach, electronic meetings are free to alumni and are scheduled throughout the week at times that don't conflict with school or work.

### Sober Living

Clients requiring a stay longer than 90 days can access the sober living program. Sober living is a treatment option for those who have a high risk of relapse, a lack of treatment options in their home community, and are considering starting a new life in the relative safety of Powell River. Sober living at Sunshine Coast has the added advantage of being located in a building just a few steps away from the main residence. While in sober living, clients may work, attend college/university, or volunteer.

### Online Family Support



Participants who complete the family & couples program also qualify for weekly online support with topics specific to significant others such as maintaining boundaries, personal growth, supporting a loved one

in recovery, and many more. As with online alumni support (see above), participants have the opportunity to provide feedback which is promptly reviewed by the director of clinical and family services.

Currently, this free program is available to family members for as long as they maintain a valid e-mail address with Sunshine Coast.

## 3. CONNECTING CLIENTS TO COMMUNITY RESOURCES

- > Linkage with the referring professional
- > Linkage with an alumni coordinator
- > Linkage to medical services, therapy, meetings

The Big 5 is a preliminary exercise to help clients plan practical activities that include (1) physical (fitness studios, yoga studios), (2) emotional (relapse prevention skills), (3) financial (career, school) (4) social (family, relationships), and (5) spiritual. The Big 5 exercise also includes a detailed plan for the first day out and first month after treatment.

### Linkage with the Referring Professional

Clients who are referred to Sunshine Coast are, with the consent of the client, referred back to the same referring professional.

### Linkage with an Alumni Coordinator

Clients are encouraged to connect with fellow Sunshine Coast Health Center alumni in their home communities. To facilitate this linkage, Sunshine Coast Health Center has designated alumni



coordinators in key cities whose task it is to welcome new members and organize local events. For the names and contact number of your local alumni coordinator contact your recovery coach.

### Linkage to Medical Services, Therapy, Meetings

Clients may also be referred back to medical services, government-funded mental health and addiction services (outpatient, day treatment, sober living, etc.), as well as secular and 12-Step meetings.

## CONCLUSION

As an alumnus, we recognize that it is often difficult to maintain the sense of renewal and hope you experienced living within the friendly confines of Sunshine Coast. You may be frustrated that the world you have returned to does not seem all that different from the one you left. Moreover, relationships, financial and health challenges may be complicating your recovery. During these difficult times, clients soon discover the benefit of having developed tools and support beforehand.



However, alumni may only later come to realize they are unprepared for life after treatment. Other clients may only discover after a slip or relapse has occurred, in spite of their best intentions. When called upon, Sunshine Coast Health Center is here to assist clients and family members get back on track.

For more information e-mail us at [info@schc.ca](mailto:info@schc.ca) or call us toll-free at 1.866.487.9050.