
Alumni Program



**Sunshine Coast
Health Centre**

Powell River, BC

Introduction

The Alumni Program is a dedicated support program for all SCHC clients. It has been designed to be a cohesive, multi-dimensional, and committed post treatment resource. The Alumni Program has grown exponentially over the years to offer several different services to meet the different needs of our clients.

The Alumni Program and its services are available to clients after they return home for as long as they'd like. This allows us to maintain a constant, open line of communication and support for our clients after they've left treatment, whether it be a month or several years later.

Services

The Big 5

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

Exit Interview

A client's exit interview is made approximately a week before he discharges. At the exit interview, we provide clients with resources in their home community. These include SCHC support meetings, local SMART meetings, and any other available support services such as 1-on-1 coaching. At this time, we also add clients to contact lists and Facebook groups so they can be notified of upcoming SCHC alumni services and events. The exit interview lasts approximately 30-45 minutes. During this time, the client can discuss his post-treatment plans in more detail and arrange post-treatment services.

Day of Discharge Follow-up

SCHC follows up with clients on the day they've left to make sure that they have arrived safely at their intended

destination. This follow-up also allows us to establish an initial post-treatment connection and remind clients of our 24/7 alumni support line. The alumni manager informs rest of staff that client has made it home safely.

24-7 Alumni Phone, Email, & Text Support

Our alumni coordinators are accessible 24/7 via phone calls, texting, and email for long-term support and care and in times of crisis. They will connect you with local recovery services in your area, update you on SCHC support meetings and dinners in your area, and support you in overcoming any challenges your experiencing. These services allow us to offer our alumni a lifeline that lets them stay in constant contact with us. Photos and special events are just some of things regularly shared between alumni and our Alumni Program. Clients receive the alumni phone number and our secondary client services line before they leave SCHC.

Follow-Ups and Continued Check-in's

We follow up a week after discharge to see how each client is reintegrating at home. This check-in maintains open communication and lets the Alumni Program remind clients of available support resources in their area. Follow ups and check-ins allow the Alumni Program to see if clients have participated in support meetings and any intended therapy, and follow-up with any of their concerns in general. SCHC stays in contact with clients well after their initial follow ups through Facebook, emails, phone calls, and texts.

Weekly Online Videos

By participating in the online support program, alumni receive ongoing support from our clinical staff. Participants receive a weekly email linking them to a secure website where a topic is introduced along with several questions related to the topic. Client responses are reviewed by the alumni department. In addition, participants in the online support program have the opportunity to update staff on their recovery and 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. Each lesson provides fresh new content that focuses

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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 with us.

Social Media

Social media has given us an opportunity to stay connected with alumni. Alumni can follow our public pages that feature weekly postings from staff. Our alumni coordinators also offer a private Facebook profile and invite-only, 'closed' Facebook groups to help alumni support one another, stay in touch, and find out about upcoming SCHC events. Current social media offerings include Facebook, Twitter, Google +, and Instagram.

SCHC Support Meetings

We offer support meetings and alumni dinners in major cities across Canada as another way to keep alumni connected. These weekly and bi-weekly meetings are facilitated by counsellors and coaches and discuss a variety of topics related to recovery.

Current areas that host meetings include Victoria, Vancouver, Langley, Kelowna, Powell River, Edmonton, Calgary, Saskatoon, Toronto and Ottawa with expected growth in Nanaimo, Prince George, Red Deer, and Winnipeg.

Alumni Dinners

Our alumni dinners celebrate recovery and connect our alumni with one another. Alumni are invited to these complimentary dinners in their closest local area 3-4 times a year. The dinner gives alumni the opportunity to socialize in a safe and friendly manner with peers who've also attended SCHC. The alumni dinners provide space for continued support from SCHC and other peers, while also providing a unique experience for the client.

Coaching

Returning home after treatment is often the hardest part for our clients and people in recovery. In response to this challenge, we offer recovery coaches to help alumni stay active and engaged in their personal recovery. Clients are able to choose their recovery coach based on the coach's specializations (e.g. career or relationship coaching). Coaches are available for in-person (if you choose a coach in your home community), phone, and Skype (online) appointments.

Sober Living

Clients requiring a stay longer than 90 days can access our sober living program. Sober living can be an ideal option for those with a high risk of returning to substance/alcohol use, a lack of treatment options in their home community, and who are considering starting a new life in Powell River. Our Sober Living program has the added advantage of being located just a few steps away from the main residence. While in sober living, many of our clients work, attend college/university, or volunteer.

Alumni Weekends

Alumni weekends are exclusive to alumni who have completed their program at SCHC and have been sober for at least three months. This allows the client to come back and share their story for a weekend of their choosing and reconnect with the center. They are provided with the lodging, food, other amenities, and any large group activities.

Interested alumni can contact the Alumni Program to see if there is space available for the desired weekend they'd like to visit. A notice of at least a 2-week minimum is appreciated. Space is not guaranteed if trying to attend within 2 weeks. Clients travelling long distances may be able to extend their stay past the weekend (case by case basis).

Alumni Refresher Course

The 2-week alumni refresher is for clients that have completed the program and who have recently had a slip or relapse and feel that they need to come back to 'reset'. This is available at a discounted rate. All alumni must still go through the admissions line (1-866-487-9010).

Alumni Treatment Program (14 day Minimum)

While our primary drug rehab and alcohol treatment programs lay a foundation for recovery, the Alumni Treatment Program offers alumni the opportunity to focus on their unique circumstances that have led to relapse. The Alumni Treatment Program can help you shift the view of relapse as a failure to a teachable moment. When swift, decisive action is taken, relapse can be an opportunity to strengthen your recovery plan. Contact the admissions line at 1-866-487-9010 for more information.
