



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 during post-treatment care planning 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.

24-7 Alumni Support

Our alumni coordinators are accessible 24/7 via phone, text, social media, and email for long-term support 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 Services. Clients receive the alumni phone line before they leave.

Alumni Information Session

The alumni information session takes place midway during your stay. During this session, we provide clients with resources in their home community. These include SCHC support meetings, local SMART meetings, local Refuge Recovery Meetings, local Recovery Dharma Meetings, and any other available support services such as 1-on-1 coaching. At this time, we also add clients to our Alumni Portal, contact lists, and private Facebook groups so they can access alumni resources and be notified of upcoming SCHC alumni services and events. The alumni information session lasts approximately 30-45 minutes. During this time, the client and Alumni Services team will arrange his post-treatment care plan appointments and groups as well as discuss his post-treatment plans in more detail and arrange post-treatment services.

Follow-Ups and Check-in's

We follow 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 alumni of our 24/7 alumni support line. Alumni coordinators will also inform the rest of staff that you have made it home safely.

Our Alumni Coordinators also follow up a week after discharge to see how each client is reintegrating at home. These check-in's maintain open communication and let Alumni Services remind alumni of available support resources in their area.

Social Media

Social media has given us an opportunity to stay better connected with alumni. In addition to our public pages that feature weekly postings from staff, our alumni coordinators also maintain private Facebook groups to help alumni support one another, stay in touch, and find out about upcoming alumni events. Current social media offerings include Facebook, Twitter, Instagram, and Youtube.

Sober Sports

Our non-profit, Sober Sports, offers sports for individuals recovery in select cities. These activities, such as floor hockey, are designed so that people in recovery can reconnect with other alumni, be physically active, and have fun all at the same time! For more information, visit Sober Sports.

SCHC Support Meetings

Weekly and bi-weekly alumni support meetings are available across Canada as a way to connect alumni with one another and let them re-experience the power of the peer group. These meetings are facilitated by counsellors and recovery coaches. 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.

Note: All in-person meetings transitioned to virtual sessions during COVID-19. Depending on location restrictions, some meetings are returning to in-person meetings in outdoor areas.

Alumni Dinners

Our Alumni Manager travels to major cities in Canada throughout the year to host complimentary dinners for alumni in that area. These alumni dinners celebrate recovery and connect our alumni with one another. The dinner gives alumni the opportunity to socialize in a safe and friendly manner with other alumni. The alumni dinners also provide space for continued support among alumni.

Coaching

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

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.