



## INTRODUCTION

Those who complete the residential addiction treatment program at Sunshine Coast Health Centre can be justifiably proud of their accomplishment. After all, recovery takes courage and patience—two virtues not always required when one is in active addiction. While we recognize that treatment is a crucial 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 and ongoing challenge of life after treatment. In response, we have developed a program for alumni that replaces the protective 'bubble' of residential treatment with an alternative structure at home. Post-treatment services assist clients in connecting to:

1. The staff at Sunshine Coast Health Centre
2. Family and friends
3. Resources in their home community

We recommend that clients and their families take full advantage of the programs and services detailed as follows: ►

### 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. *Continued inside*



### Sunshine Coast Health Centre

Residential Addiction & Mental Health Treatment Services



2174 Fleury Road, Powell River, BC  
Canada V8A 0H8  
Admissions Toll Free 1.866.487.9010  
Administration Toll Free 1.866.487.9050  
Fax: 1.888.875.0511  
www.schc.ca | info@schc.ca

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

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

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

#### WE ALSO HAVE OFFICES IN THE FOLLOWING CITIES:

##### VANCOUVER

601 West Broadway, Suite 400  
Vancouver, BC V5Z 4C2  
Phone: 604.879.2653  
Fax: 604.713.8601  
E-Mail: vancouver@schc.ca

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##### TORONTO

36 King Street East Ste 400  
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### Highly Personalized Addiction Treatment

## Post-Treatment Services An Overview of Tools and Support for Clients and Their Families

#### Take Control



#### Get Connected



#### Find Your Purpose



#### Heal And Grow



### A Non-12 Step Program Since 2008

LEARN MORE ▼

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

Canada's First Women-Only Residential Trauma Program – Coming Fall 2019



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### 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 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, 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.

## CONCLUSION

We recognize that it can be difficult to maintain the sense of renewal and hope you experienced living within the friendly confines of Sunshine Coast Health Centre. You may be frustrated that the world you have returned to does not seem all that different from the one you left with relationships, financial, and health challenges complicating your recovery. It is during these difficult times that clients realize 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 they returned to addictive behaviours, in spite of their best intentions. When called upon, we are here to assist clients and family members get back on track.

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