

AT ADMISSION

All clients will be required to provide a negative urine drug screen and breathalyzer upon admission. Clients being admitted from the community will also be required to phone Stabilization at 09:00 the day of admission to confirm the following tasks have been completed:

Clients are required to have:

- Doctors paper prescriptions for 30-days worth of all medications and any over-the-counter medications. **DO NOT** bring medications; all medications that arrive with the patient will be submitted to the nurse for review.
- No more than two small suitcases or one large suitcase worth of belongings.

WHAT SHOULD I BRING?

Stabilization offers a safe and clean environment for clients to work towards building a recovery plan. Any weapons, substances, or paraphernalia are strictly prohibited.

At Stabilization, clients share a common living area, TV lounge and dining room. All meals are provided.

- Clients are responsible for their own hygiene supplies and toiletries. Please avoid strong smells.
- Clients are not permitted to bring their own bedding; bedding and towels are supplied.
- Clients are asked to bring enough clothing for a two-week stay.
- Appropriate gym and pool wear for the recreation centre is required.

- Personal cell phones and other electronic devices are not permitted for use on the unit, but may be used off the unit.
- Clients are asked **not to** bring their vehicles to Stabilization.
- Any items that are not allowed on the unit will be stored until discharge.

FUNDING

- The cost of the program is \$40 per day.
- Clients who are able to pay the cost of their stay must make payment arrangements prior to intake. Methods of payment for Stabilization include cash, Visa or MasterCard.
- For clients receiving benefits through the Ministry of Social Development (MSD), the cost is paid by MSD with a reduction to clients' monthly cheque.
- Clients who have no source of income need to apply for social assistance prior to intake for Stabilization as funding approval can take up to several weeks.
(<https://myselfserve.gov.bc.ca/>)
- Clients who are not eligible for social assistance must self-pay or discuss other payment options with their Addictions Counsellor/Referring Agent.

**Reflecting Our Commitment to
Excellent care, for everyone,
everywhere, every time.**



Mental Health &
Substance Use Services
Withdrawal Management
Services

STABILIZATION
UNIT

Phone #: 250-361-9257

Fax #: 250-361-9511

ABOUT STABILIZATION

What happens at Stabilization?

Stabilization is a community-based program, which helps clients build an individualized recovery plan and connect with community supports. Stabilization provides a supportive and collaborative atmosphere to help clients reach their recovery goals and build healthy lifestyles that clients can take with them once they have completed the program.

Stabilization Welcomes Diversity

- Welcomes people with concurrent mental and physical health issues regardless of race, religion, culture, sexual orientation or ability.
- Respects and acknowledges each person's readiness for change and seeks to stimulate and support interest in growth and recovery.
- Treats people with dignity, compassion and respect as individuals.

Program Expectations

- Clients are required to be abstinent of all substances for the duration of the program.
- Clients who come to Stabilization are expected to take responsibility for their recovery and work collaboratively with staff to build a recovery plan.
- Clients will hand in a weekly calendar outlining meetings, appointments and goals for the up-coming week.
- Clients will meet weekly with Stabilization staff to discuss recovery goals and post-stabilization planning.

- **Program Expectations don't**
- Clients are required to participate in all Stabilization groups and check in's (Daily psycho-educational group, morning 1:1 check-in, and evening group check-in.).
- Clients are required to connect with community supports and attend a minimum of five community meetings per week (Women's/Men's support group, RAS, Life Ring, SMART and/or AA/NA meetings).
- Failure to meet program expectations may result in discharge from the program.
- Any form of harassing, threatening or abusive behaviour will result in immediate discharge from program.

HOW OUR SERVICES WORK

- Stabilization has 13 residential beds.
- Program length ranges from 7-28 days, depending on a client's recovery goals and progress. Clients should be aware that length of stay is individualized to their care plan.
- Addiction Recovery Workers provide 24-hour support. Limited nursing support is available for medication and medical concerns.
- Meals and snacks are provided daily; Stabilization has the ability to accommodate most dietary restrictions.
- Clients may receive bus tickets and recreation passes and are able to access on-unit services when offered by volunteers (i.e. Acu-detox).

THE REFERRAL PROCESS

Due to current Covid-19 restrictions referrals are only accepted from Victoria Detox. If you need a referral to detox please contact MHSU Intake at 250-519-3485.

Referral information should include:

- Substances use history, social history, medical and psychiatric concerns, current medications, legal involvement, falls risk assessment and history/risk of violence or self-harm.
- Please also include current housing and funding information and recovery goals. Due to the length of the program, clients are encouraged to start thinking of post-stabilization or treatment plans prior to admission.
- Please ensure you include current contact information.
 - New referrals are reviewed by the Stabilization team Monday to Friday, and triaged according to client needs; safety requirements of the site are also considered.

Waitlist:

Once the referral has been submitted, clients are encouraged to phone Stabilization 1-2x/week to follow-up on the referral and maintain position on the waitlist. Stabilization will attempt to contact the client when a bed becomes available.