Recovery Alberta

Client Information Sheet

Lander Treatment Centre, Addiction Services
221 Fairway Drive, PO Box 1330, Claresholm, AB T0L 0T0
Email: admissions.lander@recoveryalberta.ca
Ph: 403-625-1395 Fax: 403-625-1300

Application Process and Admission Date	• Admission to the program is by application only. • To help prevent delays in processing your application, please ensure all areas are completed, and it is signed & dated in the spaces provided. • When reviewing your application, Lander treatment staff will contact you by phone to complete an assessment to determine if this program is a good treatment match for your needs and goals at this time. Upon approval of your application, an admission date and time will be arranged.
Confirmation of Scheduled Admission Date	• After your application has been approved and an admission date set, it will be your responsibility to confirm your booking date by calling Lander and speaking with admission staff on the specified date. This step is important as your bed will be cancelled (and re-assigned) if you do not call to confirm. • You will be assigned a specific time to arrive on your scheduled admission date. • Do not schedule any appointments (personal, legal, dental, medical) that fall within the dates you will attend the treatment program.
Abstinence Period Prior to Admission	• Admission criteria includes a period of abstinence from all alcohol and other drugs, including cannabis, prior to arriving on your scheduled admission date. Required length of detox is determined during the telephone assessment interview. • Lander can provide contact details for facilities where support is provided for the detox process.
Tobacco-Free Site	• Lander is a tobacco-free site; this includes the building, the grounds and the parking lot. • Tobacco use is not permitted during your stay. Tobacco-dependence support is part of the program, and nicotine replacement therapy products are provided.
No Cost for Alberta Residents	• There is no fee for Alberta residents with valid Alberta Health Care. Inquiries from out-of-province residents will be referred to sites with fee-for-service treatment beds.
Transportation	• Transportation to and from Claresholm is your responsibility. Please note: there is limited access to / from Claresholm by bus. • If you drive yourself, please park your vehicle in one of the outer two isles of the parking lot. If someone drives you, please ask your ride to stay nearby until you are admitted. • There is no access to, or use of, personal (or visitor) vehicles during your treatment stay.
Accommodation	• Accommodation is double occupancy (2 per room; each room has its own washroom). Bed linens and towels are provided. Alarm clocks are provided.
Property Boundaries	• You are required to stay within the physical boundaries of Lander's grounds for the duration of your stay.
Laundry Facilities	• Facilities are available for personal laundry. No charge to operate washers and dryers. Laundry soap and fabric softener are available for purchase from a vending machine ($1.00).
Personal Storage	• Lock boxes are available to store small personal items such as a wallet. A lock box key may be obtained with a refundable deposit. The Centre is not responsible for lost/stolen articles.
Recreation & Leisure Facilities	• Gymnasium, stationary fitness equipment, games room, craft room, guitars (refundable deposit is required when signing out a guitar)

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	• A variety of activities are available (both scheduled/planned and self-directed); this includes outdoor activities as weather permits.
Items to Bring	• **Identification** – Photo ID such as driver's license or passport; or your Health Care card. • **Luggage –** 2 pieces only. **Toiletries** e.g. shampoo, toothbrush, toothpaste • **Medication(s)** – bring a supply of your own prescribed medications to last for the duration of your stay. Please speak with your physician to ensure your prescription matches the times you take your medications at home. Medications must be in original labelled prescription packaging from the pharmacy. Should your medications change prior to your scheduled admission date, please contact Lander to discuss with nursing staff. • **Appropriate casual clothing**, recreation wear for indoor and outdoor activities, and non-marking runners to wear in the gym. • **Spending money (optional)**. Some optional recreation and leisure choices are at a cost to you, e.g. craft projects. These are cash-only transactions. Bring only small bills; bring change for vending machines (beverages, snacks, laundry soap/fabric softener). All machines take loonies. • **Optional –** Books to read. Puzzle/Crossword books. Water bottle. Snacks in limited quantity (to keep in your room) – must be store-bought, nonperishable, unopened on arrival. Curling iron, blow dryer, electric razor/beard trimmer**.**
Prohibited Items:	• As an addiction treatment centre, with communal living, some items are prohibited based on factors related to health, safety, facility maintenance, triggers, and consideration of others. All legally prohibited items collected by staff are returned to you on discharge. Any items brought to the Centre for the client after admission must be searched by staff. • The list of prohibited items will be reviewed with you during the application / admission process.
Electronic Devices	• Personal electronic devices typically brought in by clients include smart phones and tablets. We recognize access to these devices can help in staying connected with family, friends and other sources of support for recovery. • You are encouraged to turn in your electronic devices to staff for safekeeping to avoid distractions and allow yourself time to focus solely on yourself. If you choose to retain your devices, guidelines are in place to ensure the device does not inhibit your treatment experience or negatively impact the privacy and experience of others. • Land-line phones are available for making outgoing calls and require a calling card to operate. • Being in a rural location, most calls from Claresholm are long distance. • For confidentiality reasons, staff will not respond to personal or telephone inquiries about your participation in treatment and will not confirm your attendance with callers over the phone. Instead, messages are recorded and placed on the message board for you.
Visiting	• Connection is important in recovery. We encourage you to have regular phone contact with your family, friends, and other support people in your life. Another available option is video chatting. Once here, please speak with your counsellor if you wish to set up an opportunity for a virtual or in-person visit.