

## Northern Addictions Centre 20-Day Residential Treatment Program - Information Sheet

Updated November 2016

Thank you for your interest in this AHS Addiction Program at Northern Addictions Centre (NAC). Admission to the Program is by application only. All information in the application is confidential. Allow five to ten days for processing of your application.

### Please Note:

A room and board fee of **\$40 per day is charged for Alberta residents**. Out of province resident fee is \$125.00 per day. NAC can assist individuals to explore possible financial solutions if they are without funds; please contact the Admissions Office to discuss payment. This fee is payable on admission and does **not** cover your transportation and personal expenses. Cash, certified cheque, Debit, Visa or MasterCard are accepted in payment of the room and board fees.

- Complete all pages of the application form. A referral source may help you with the process of completing this form. Remember to sign and date the application.
- A physician or nurse practitioner must complete and sign the 3 Page Medical.
- NAC requires a completed application form before an admission date can be set. This includes the standard AHS application, referral form, medical and assessment completed by an addictions professional.
- Mail, fax or drop off all pages to NAC.
- **Keep these informational pages for reference.**



NAC is wheelchair accessible



NAC is a smoke-free facility

### **Do Not Come To The NAC Until You Have Confirmed Your Admission Date & Time Directly With The Admissions Office At NAC.**

1. Admission dates **will not** be confirmed until NAC receives a **completed** application, which includes a completed medical by a physician. (Inclusive of TB screening, further TB testing may be required depending upon screening results).
2. Medications with a high addiction potential will be assessed and reviewed on an individual basis prior to admittance at NAC. Our nurse may need to speak to you about the medications you are presently taking.
3. Should your medications change prior to coming to NAC, please call our Admissions Office at (780) 538-6350 between 8:15 a.m. - 4:30 p.m., Monday to Friday. If you arrive on non-approved medications, your admission may be delayed.

4. If you are having difficulty staying sober arrangements for detox can be made through admissions office at 780-538-6350 or detox at 780-538-6303. You must have a minimum **5 to 10 days** clean time from alcohol, drugs **and** gambling to participate in the program, **including** those that are not a problem for you. To clarify clean time requirements, please contact admissions. If staff feel you are not ready to start in the program, they will delay your treatment. Detox services are free of charge.
5. **Do not schedule any appointments** (personal, legal, dental, medical) **while in treatment at NAC.** You will need to focus on your treatment program the entire time you are here.
6. The Northern Addictions Centre is a tobacco free site; this means no tobacco or e-cigarette use in the building or on the property. We encourage you to take action to address your nicotine addiction if you are a tobacco/nicotine user. Staff will provide you with Nicotine Replacement Therapies and coaching/counselling. If you are choosing not to address your tobacco/nicotine addiction, once admitted to treatment, you may be eligible to access an off-site area where tobacco/ e-cigarettes can be used.
7. NAC is dorm style accommodation. There are no individual rooms.
8. NAC's visiting hours are: Monday - Friday 6:00 p.m. - 10:00 p.m. and Saturday & Sunday between 4:00 p.m. - 8:00 p.m.
9. We ask that no tattoos or piercing be done prior to coming or while you are attending treatment, these frequently require medical attention that we are unable to provide.

#### **Checklist of suggested items to bring:**

- Travel coffee mug (with a lid) &/or water bottle.
- Casual clothing, recreation gym wear, sweat suit and non-marking gym shoes, swim suit/trunks.
- Seasonal clothing (i.e. winter clothing, boots, toque and mitts)
- Toiletries: shaving supplies, shampoo, bar of soap, toothpaste, toothbrush, personal hygiene items, etc. Please note we are a scent free facility.
- Alarm clock.
- Housecoat, pajamas, slippers and flip flops for the shower.
- Mp3's or ipods with head phones **NOTE:** Ipods or MP3 players with camera, recording capabilities, WiFi or 3G access are not allowed.
- Some spending money, should you decide to purchase items such as, treatment related reading material, pop, candy.
- Change for payphone/calling cards.
- Sealed packaged snacks are allowed
- Laundry soap, bleach, fabric softener, some items are available for purchase.

- Writing paper and pen/pencil.
- Pictures of family/friends
- Addresses and phone numbers of family and friends
- Bring your current Alberta Health Care and/or Social Services card. If you wish to receive immunizations please bring your immunization record
- Cell phones are not allowed for use at the facility, this can be grounds for discharge; if you choose to leave your phone in your vehicle you may access it only on designated activity pass times. If you bring your phone into the facility it will be locked up for safe keeping - it will be returned only on discharge.
- We **do not** have a banking machine on the premises. You will want to do all of your banking before you come to NAC.

Please Note: For incidental purchases, bring only small bills. We cannot cash \$50 or \$100 bills.

NAC is not responsible for lost, stolen or items left behind.

**Do not bring:**

- large sums of money
- knives (any sharp objects)
- weapons
- office/school work
- pornography, including adult movies, magazines, posters
- laptops or other electronic devices
- camera
- E-readers or tablets with recording, camera, WiFi or 3G capability
- vitamins
- alcohol based mouthwash
- non-prescription medications
- health food supplements (including protein powder or supplements)
- herbal remedies
- energy products such as drinks, bars or powders
- inappropriate clothing including those with alcohol/drug/gambling logos or sayings
- expensive jewelry

**Clothing**

We suggest that you bring comfortable clothing to wear during your stay here. In addition, many clients prefer to have one nice outfit to wear to their graduation.

**Medications:**

Please bring all prescribed medications with you when you come to detox or treatment, they must be in original containers with prescription label attached. NOTE: Herbal remedies, or any non-prescribed medications will not be dispensed by NAC nursing staff.

### **Telephones and Messages**

Due to our confidentiality policy, we cannot respond to any personal or telephone inquiries about your participation in treatment in NAC. If someone phones for you, we will **not** tell him or her that you are here. Instead, we take a message and place it in the message box located with the sign-out box.

### **Laundry Facilities**

Washers and dryers are available in each dorm for use by residential clients only. There is no charge for the laundry facilities.

### **Stamps and Mail Posting**

Postage can be purchased from the front reception desk. Mail is posted in the morning, usually before 9:00am.

### **Change**

Change is available from a change machine; it accepts \$5, \$10, and \$20 bills. We cannot change \$50 and \$100 dollar bills.

### **Safekeeping**

We provide locking bureaus in each suite. A key for the bureau can be obtained with a refundable deposit from the front receptionist. NAC is not responsible for lost or stolen items.

### **Recreational Facilities**

A full size gymnasium, and exercise equipment are available for your use. We suggest that you bring suitable clothing to use during recreation time. You are required, as part of your treatment plan to participate in supervised and unsupervised leisure activity at NAC.

### **Client Chores**

You are expected to help with household chores. There is a rotation list and all clients take part in doing light household chores. Duties will be explained to you when you arrive at NAC.

### **Outings**

Unsupervised outings are not permitted during the first week of Treatment, except under exceptional circumstances and must be approved by your counsellor.

You will have opportunities for several activities passes throughout treatment starting in the second week of treatment. NO overnight passes will be issued for the duration of treatment.

### **Music and Games Area**

A guitar, pool table, shuffleboard, foosball game, ping-pong table and other leisure equipment are available.

### **Transportation**

You are required to arrange your own transportation to and from the NAC. Public transit runs to within three blocks of this building, with connections available from throughout the city. Non-powered parking is available on NAC grounds.

### **Visitors**

Visitors are welcome during the week in the evenings from 6:00 p.m. to 10:00 p.m. and from 4:00 p.m. to 8:00 p.m. on Saturday and Sunday. Visits should not interfere with treatment program time.

**Family Program**

The 20 day program offers a two session program for family members of current 20 day clients. You will be given more information on the family program upon arrival.

**Quiet Time**

Lights in residential suites should be turned off at 11:00 pm. Clients are expected to prepare for bed at this time.

**Cafeteria**

There is no access to the cafeteria from 11:00 pm to 6:00 am. Vending machines are available.

**Search's**

All clients and belongings will be searched at time of admission to the 20 Day Program; as well as any additional items brought into the facility throughout your stay.

**Name Tag's**

All clients and guests are issued and required to wear clip on nametags while in the facility.

**WE LOOK FORWARD TO SEEING YOU!****Mailing address**

AHS Addiction & Mental Health  
Northern Addictions Centre  
11333 – 106 Street  
Grande Prairie, AB T8V 6T7

**Admissions Office (780) 538-6350**

Main Phone (780) 538-5210

Fax (780) 538-6313

Please contact us if you have any questions about the program or the application for admission.