



Service Contract

Description of Residential Addiction Treatment Services

Program Services and Philosophy:

Adeara Recovery Centre (Adeara, pronounced “a-deer-a”) is an accredited, long-term residential recovery centre for women (and their children when possible) struggling with addiction. Residents learn to rebuild their lives and find the strength to heal physically, mentally, emotionally, socially and spiritually. Our holistic program is customized for each individual. Adeara is an abstinence-based program, meaning there is a zero drug and alcohol use policy.

Residents at Adeara participate in three classes per day, Monday–Friday. All programming stems from a Christian faith, meaning attendance at church, bible classes, and devotions are a part of programming at Adeara. With this in mind, *it is not a requirement for clients to have a Christian faith while at Adeara*. Please see [Adeara’s website](#) for further details about [other classes offered](#). Residents are provided with education, individual counselling, group therapy, and life skills development. A program calendar is given out monthly with further class details (times and type of class).

Accommodations:

Each resident has their own private room with a kitchenette and bathroom. All bedrooms/suites come fully furnished, and kitchenettes/kitchens have applicable appliances.

Meals and chores:

No meals are provided for residents. Residents are given the opportunity to purchase food from nearby grocery stores to keep in their kitchenettes. This is an additional cost incurred by the resident. Occasionally, food donations are offered to residents. Residents are required to maintain a clean living space and participate in daily chores which include cleaning the hallways and other general areas, etc.

Amenities:

Residents have access to the following amenities (see Resident Manual for approved times of use):

- Two shared living rooms, each equipped with a television
- Computer lab (available to residents after stabilization period is lifted)
- Phone for business and personal use
- A CD player and preformatted MP3s

Terms and Conditions for Receiving Services

A woman interested in receiving services from Adeara must struggle with addiction and have a desire to change and live a life in recovery. Once admitted to the Adeara program, a resident is expected to abide by the rules of Adeara, participate in programming (e.g. attend daily classes), and demonstrate a strong willingness to work on her recovery. **Any children residing with their mother must be under the age of 10 upon intake date.** Residents are given a Resident Manual upon entry into the program that provides in further detail all terms and conditions for receiving services. Consistent failure to abide by the rules of Adeara will lead to dismissal from the program.



The following five Grounds for Dismissal will result in IMMEDIATE dismissal from the program and termination of services:

1. IMMEDIATE dismissal for the use of drugs or alcohol while in the Adeara program and/or if drugs, alcohol or weapons are brought on Adeara property.
2. IMMEDIATE dismissal for engaging in any form of intimate relationship, sexual contact, or sexual conduct during residency at Adeara (inside or outside of Adeara property).
3. IMMEDIATE dismissal for breaching court orders.
4. IMMEDIATE dismissal for smoking inside the building.
5. Abusive behaviour of any kind will not be tolerated and may result in an immediate dismissal.

Additional Program Rules:

Please initial next to each statement below to confirm you have been made aware of the following rules (this list is not exhaustive and is subject to change upon management discretion):

- Willing to make a minimum 6-month commitment to their recovery.
- 30-day in-house stabilization period with some outings integrated into the last 30 days of stabilization. Further details provided upon acceptance to the program.
- Medically detoxed and able to pass a drug test upon entry of the program.
- Have not taken any of the medications on Adeara's "not approved" medication list (attached)
- For those applicants who are either on Methadone or Suboxone or have taken either recently, please contact the Clinical Coordinator for further details. As per the medication list, Methadone or Suboxone is not allowed at Adeara.
- Aware I must have a current ID before entering the program.
- Willing to have all medications transferred to Adeara partner pharmacy.
- Prescription must accompany ALL medication (on pill bottle is fine). This includes vitamins, herbal, and protein supplements. Any additional questions regarding medications please contact the Clinical Coordinator.
- On AB Works (proof required) or able to pay \$500.00 Damage Deposit on intake day.
- Upon arrival, willing to consent to third party payments from Income Support (AB Works sends a cheque to Adeara monthly for rent).
- Aware cell phones are prohibited for minimum 3 months at which usage may be allowed with counsellor discretion. After 3 months there are specific times phones can be used for calls and text messages only; no social media.
- Agree not to be participating in any form of romantic/sexual/intimate relationships as long as they are a client of the program and residing at Adeara.
- Aware the use of sexual paraphernalia is prohibited and will be confiscated if brought into centre upon intake.
- Physically capable of participating in programming (multiple flights of stairs in building, attend fitness 2x/week).
- Subject to random drug testing and room searches.
- Willing to have bags checked for entry back into the building.



- ___ Aware and agree to participate in Christian programming and classes.
- ___ The use of own vehicle is not permitted at Adeara. Income Support includes an allotment for public transit pass and residents are to use such monies for transportation services.
- ___ Aware of no pets policy at Adeara.
- ___ All residents have access to an Indigenous/Cultural resource person at Adeara.
- ___ Maximum seven cigarettes per day with a desire to quit smoking. Vaping is only allowed if a resident has a plan in place to quit. All vapes must be “pod-style” vapes. Chamber vapes are not allowed.
- ___ Must provide at least one safe emergency contact who may be notified upon arrival and exit of the program.
- ___ Upon intake, willing to see a physician and/or dentist to ensure wellbeing.
- ___ Advised that should it become apparent that you need medical and/or mental health assistance, Adeara may request you see a physician or psychiatrist.

Incarcerated Women

This section only applies to women who are presently incarcerated. Please note the following steps:

1. In addition to signing this Service Agreement, incarcerated women applying to Adeara must complete the online Resident Admission Application (PDF is available on website).
2. After submitting the online Resident Admission Application, you will be added to the application list, and the Clinical Team will review your application.
3. Should you be accepted to Adeara Recovery Centre, a letter will be sent to your lawyer with an intake date.
4. Your lawyer will then inform the Court at the next proceeding of your acceptance to Adeara Recovery Centre. Adeara emphasizes holistic treatment. Therefore, we request that women coming from incarceration have a condition to remain at Adeara and meet or call their probation officer at least once per month for six months while attending Adeara programming.
5. **If the Court releases you to Adeara Recovery Centre, a letter from the lawyer must be sent to Adeara with your Conditions of Release.**

Please note:

Adeara houses women and children. Therefore, the severity of your charges will determine your acceptance to the program. Those with violent charges will not be accepted at Adeara.

If the Court releases you to Adeara and you do not fulfill your Conditions of Release (leave Adeara prior to timeframe stated on your Conditions of Release) the authorities will be contacted. Adeara will contact the Edmonton Police and your Parole/Probation Officer (if applicable) to advise them you have breached your Conditions of Release and are no longer in the program.



Complaints About Services

Once admitted, residents have access to conflict resolution and written grievance procedures. Upon intake, all residents are informed of their rights and receive a copy of the Policy entitled Advocacy, Conflict Resolution/Grievance. Residents are made aware that any grievance submitted will be recorded privately in their file and reviewed by the Executive Director.

Critical Incident Contacts

A Critical Incident means an incident causing serious injury or death to a client of a service provider while receiving services or within two months after services cease.

In the event of a Critical Incident, my contact person is:

First and Last Name: _____

Relationship to Resident: _____

Number: _____

Email: _____

Qualifications of Service Provider

Our staff are passionate about what they do and are committed to serving the women and children at Adeara with love, compassion, dignity, respect, integrity and accountability. Our counselling staff are addiction counsellors or have a Master's Degree in related fields. Adeara has Support Workers on staff 24/7/365. Support Workers have First-aid Training, Addictions Training, Trauma-informed Training, Indigenous Awareness training and other work-related training. A complete list of training that Adeara staff participate in is available upon request.

Program Costs

Rent at Adeara is based on a sliding pay scale reflective of what each resident is receiving from Income Support. **Women coming into programming must be on AB Works before entry to Adeara OR pay the \$500.00 damage deposit on intake day at Adeara.** Please see attached Rent Fee Agreement for further information.



Medication Allowed and Not Allowed List

Note: This list is not exhaustive, and other medications may be subject to restriction.

ALLOWED

Doctors note required:

- Vitamins
- Melatonin
- Dimenhydrinate (not to be used chronically)

ADHD:

- Atomoxetine (Strattera)

NOT ALLOWED

<p>Opioid:</p> <ul style="list-style-type: none"> • Codeine & Codeine-containing products (eg. Tylenol #3) • Morphine (Kadian) • Fentanyl • Buprenorphine/naloxone (Suboxone) • Methadone (Metadol) • Hydromorphone (Dilaudid) • Oxycodone (Percocet, OxyNeo) • Meperidine (Demerol) • Tapentadol (Nucynta) • Tramadol (Zytram, Ralivia, Tridural) • Pentazocine (Talwin) • Propoxyphene (Darvon) 	<p>Benzodiazepines:</p> <ul style="list-style-type: none"> • Alprazolam (Xanax) • Bromazepam (Lectopam) • Lorazepam (Ativan) • Oxazepam (Serax) • Temazepam (Restoril) • Triazolam (Halcion) • Chlordiazepoxide (Librium) • Clonazepam (Rivotril) • Clorazepate (Tranxene) • Diazepam (Valium) • Flurazepam (Dalmane) • Nitrazepam (Mogadon)
<p>Stimulants:</p> <ul style="list-style-type: none"> • Dextroamphetamine (Dexedrine) • Amphetamine Mixed Salts (Adderall XR) • Methylphenidate (Ritalin, Concerta Biphentin) • Lisdexamfetamine (Vyvanse) 	<p>Sleep Aids:</p> <ul style="list-style-type: none"> • Zolpidem (Ambien or Sublinox) • Zopiclone (Imovane)
<p>Miscellaneous:</p> <ul style="list-style-type: none"> • Nabilone (Cesamet) • Dronabinol (Marinol) • Medical Cannabis or otherwise • Dextromethorphan (DXM or DM) 	



Rental Agreement

Source of Income

What is your source of income? (Example: Income Support, Inheritance, Pension, Employment Insurance, Spousal Maintenance, etc.)

What type of Income Support are you on? If unknown, call AB Works to find out. Example: Expected to Work (ETW), Barriers to Full Employment (BFE), Assured Income for the Severely Handicapped (AISH).

NOTE: If you are not on Income Support, the \$500.00 damage deposit will be required on intake day.

What is your Income Support file number (if known)?

Monthly Rent

Adeara Recovery Centre bases the monthly rent according to the Alberta Supports Rent Fee Schedule (see “Rent Fee Schedule 2020-2021” in next section). Automatic third-party payments from Income Support pay monthly rent.

Damage Deposit

Adeara charges a damage deposit of \$500.00 for each resident’s bedroom, kitchen, and bathroom. If you are on Income Support and have used their damage deposit in the last 3 years, you will be required to pay your damage deposit on intake day. If you are not on Income Support, you will be required to pay the \$500.00 damage deposit on intake day. Damage deposit will be returned as long as you give 30-day notice in writing on the 1st of the month and your bedroom or suite is in good condition (i.e. no damage, cleaned).

NOTE: Residents dismissed from the program or residents that choose to leave unexpectedly (no 30-day notice in writing) DO NOT receive their damage deposit back. Instead, this amount is used for the administrative costs of closing your file, paying staff to clean your bedroom or suite, and applied to cover the cost of the unexpected vacancy.

Book Fee

All material and books used in programming assists residents in their recovery and prepares them for employment readiness opportunities. A portion of books are the property of Adeara and a portion of books will be the property of the resident. A one-time \$200 book fee is required, which covers the resident books and schooling amenities (binder, paper, pens/pencils, etc.) while at Adeara. The clinical coordinator will go over this with you upon intake.



Rent Fee Schedule 2020- 2021

Adeara Recovery Centre uses a sliding pay scale based on AB Works Income Support. The column below shows what Adeara Recovery Centre charges for monthly rent, programming costs, and three meals/day.

Note:

MONTHLY PROGRAM FEE (\$)			
	Expected to Work	Barriers to Full Employment	AISH
Single	545	666	799
1 Child	823	944	849
2 Child	943	1,064	899
3 Child	1,064	1,188	949

- Adeara does not charge for children until they are 1 year of age.
- Rates for each floor (1st, 2nd and 3rd) are the same.

OTHER COSTS		
Damage Deposit (One Time)	\$500.00	Bedroom, living room, kitchen, bathroom
Textbook Fee (One Time)	\$200.00	3 classes/day & contribute to employment readiness

