

# Preparing For Your Stay

## BRENTWOOD RECOVERY HOME

Brentwood is peer support program that is rooted in spirituality and based on the foundations of a 12-step program. We are abstinence-focused and provide warm connections to those who need harm reduction services or other supports.

The Brentwood program is not for everyone. We might be a good fit for your recovery if you:

- Are committed to abstinence
- Want to learn from others with lived experience
- Are looking for a highly structured, and spiritual live-in environment

## ADMISSION REQUIREMENTS

To be admitted into a Brentwood Recovery Home program, you need to:

- Participate in a phone/screening interview
- Recognize you have problems related to the abuse of alcohol or drugs
- Be able to undergo chemical withdrawal
- Be clean from all alcohol and substance use for five days before intake
- Submit any legal conditions documents (i.e. probation/parole with court orders)
- Have a stable medical or psychiatric problem (If you have seen a psychiatrist in the last year, a referral is required)
- Agree to the philosophy of Brentwood Recovery Home and have a desire for an abstinence life style

## COST

Brentwood is partially funded by the Ministry of Health through the Erie St. Clair Local Health Integration Network (LHIN). There are 33 live-in (21-day program beds) available at no cost to eligible residents of Ontario. We offer barrier free rooms and have separate residences for woman and men. \*There may be wait times.

If you require immediate admission, or to participate in a longer-term program, our no wait time per-diem rate is \$175.00 (CDN) per day for the 90-day program.

## WHAT TO BRING

- Valid OHIP card or out of province Health Card (If applicable, status card)
- 90- Day supply of medication (may be 30 days with repeats)
- Phone card or quarters (payphone available)
- Drug benefit card and pharmacy information
- Social Service (Ontario Works) caseworker and contact information
- Laundry detergent
- Toiletries (toothbrush, shampoo, shaving cream, etc.)
- Sleepwear (slippers, t-shirt and shorts or pajamas)
- Comfortable clothing sufficient for seven days. You are required to put your clothing through the dryer for 20 minutes on high. Do not bring any clothing that you are concerned about shrinking.

## WHAT NOT TO BRING

- Clothing that promotes alcohol or drug use, sexism, racism, or homophobia
- Drug paraphernalia
- Pillows, bedding, towels or facecloths
- Scissors of any kind
- Weapons (including pocketknives)
- Valuable jewelry or expensive clothing
- Pornography
- Mouthwash or other toiletries containing alcohol
- Books, journals, etc.
- Food or nutritional supplements (incl. energy drinks and protein powders)
- Over-the-counter medications and herbal remedies. Cannabis or THC-containing products

If you have any questions, please contact us at: Brentwood Recovery Home  
2335 Dougall Ave., Windsor, ON N8X 1S9  
Telephone: 519-253-2441 Fax: 519-258-2095  
[info@brentwoodrecovery.com](mailto:info@brentwoodrecovery.com)

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## MISCELLANEOUS

**Personal Electronic Devices:** Personal communication (cellphones, smartphones, tablets, etc.), audio (iPods, MP3 players, etc.), and computing devices (e.g. laptops) are not permitted

**Laundry Facilities:** Complementary washing machines, dryers, irons, ironing boards. All clients must bring their own laundry detergent. Please note: The woman's facilities require High Efficiency (HE) detergents (Pods are NOT permitted).

**Scent Free Policy:** Perfumes, scented hair spray, scented deodorant, after-shave or other fragrances are not permitted within the facility.

**Visitors:** Family members are welcome to visit on weekends only and holidays from 12:30 PM to 4:15 PM.

**Telephone:** Family and friends can call and leave a message at 519-253-2441. You can use the phone on your own time with permission from staff.

**Luggage:** There is a one bag/suitcase limit per client.

**Cigarettes:** No contraband cigarettes allowed. You may bring duty paid cigarettes only and they must be properly sealed.

**Medication:** Brentwood has a medical clinic supervised by our Psychiatrist and Nurse Practitioner.

Upon arrival, all medications must be turned in to the medical department. You are not allowed to keep ANY medications (prescribed or over the counter) in your room. Once you have completed the program, it is your responsibility to pick up your medication before leaving.

## EXPECTATIONS

Brentwood's live-in program is structured specifically to help you achieve and maintain sobriety. You will be assigned to a room upon your arrival. You are expected to attend and participate in all group meetings. Confidentiality of all clients is expected.

## DAILY SCHEDULE

The day begins at 8AM when you have your first one-to-one talk of the day with a fellow client or Brentwood Alumni. The day will include another one-to-one, several group meetings that are facilitated by counsellors and two main moral teachings that all groups, alumni and counsellors attend. The program day ends at 7PM where you are encouraged to have fellowship time with your peers and alumni.

## TERMINATION CRITERIA

Brentwood retains the right to remove a person from therapy, if the client is being disruptive, non-compliant, or is refusing to participate. Similar reasons may include:

- Violent behavior, real or perceived, directed towards self or others
- Refusal to satisfactorily complete group assignments or participate in designated treatment activities
- Mental or emotional problems which would render the resident unable to benefit from or take part in treatment sessions

## AFTER CARE

When you complete the program and graduate, you become part of the Brentwood Alumni. Extensive aftercare services are provided at no charge to the Alumnus and their family.