



Preparing For Your Stay

BRENTWOOD RECOVERY HOME:

Brentwood is a 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 treatment services or other supports. The Residential Program is between 21 and 90 days and is determined by our team based on your individual progress and needs.

The Brentwood program may be just what you are looking for. Our goal is long-term recovery so we might be a good fit if you...

- Are committed to the goal of abstinence.
- Want to learn from others with lived experience in the recovery journey.
- Are looking for a highly structured, and spiritual live-in environment.

ADMISSION REQUIREMENTS:

To be admitted into the 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 attend Withdrawal Management Services (if applicable)
- Be substance free from alcohol and illicit substance use for five days prior intake.
- Submit any legal conditions documents (i.e. probation/parole with court orders)
- A stable medical or psychiatric diagnosis is required. (If you have seen a psychiatrist in the last year, a referral is required, at the discretion of the intake officer)
- **ENSURE PRESCRIPTIONS ARE SENT TO AEGIS PHARMACY, PH:519-726-6337 FAX: 519-726-6979 PRIOR TO ADMISSION DATE**
- Agree to the philosophy of Brentwood Recovery Home and have a desire for an abstinence lifestyle.



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While on the waitlist, agree to check in 1 time per week. IF CHECK IN IS MISSED 2 CONSECUTIVE WEEKS IN A ROW, YOU WILL BE REMOVED FROM THE WAITLIST.

FEES AND ACCOMMODATIONS:

Brentwood is funded by Ontario Health West. We offer barrier free rooms for those requiring accommodations due to mobility and other challenges and have separate residences for woman and men. (*There may be wait times). If circumstances warrant an immediate admission to our 90 Day Program, Corporate and Individual “No Wait” Fee for Service Clients are accepted.

WHAT TO BRING:

- Valid Ontario health card or out of province Health Card (If applicable, status card) temporary card with paperwork is acceptable.
- **1 week supply of medication plus refills or a prescription for 90 days**

PLEASE NOTE THAT CLIENTS WHO DO NOT FOLLOW THESE MEDICATION INSTRUCTIONS WILL BE CHARGED A \$10 A WEEK FEE.

- Drug benefit card and pharmacy information.
- Social Service (Ontario Works) caseworker and contact information
- Laundry detergent (pods not permitted)
- 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
- Alarm Clock-optional

WHAT NOT TO BRING:

- Clothing that promotes alcohol or drug use, sexism, racism, or homophobia
- Shorts are allowed, must be an appropriate length, no short shorts
- No tank tops, no low-cut tops, no rips, or tears in the clothing even if it is the style
- No hats allowed in the building



- Drug paraphernalia
- Pillows, bedding, towels, or facecloths
- Scissors of any kind
- No E-cigarettes or Vapes
- Weapons (including pocketknives)
- Valuable jewelry or expensive clothing, and electronics. Only bring small amounts of cash (we have an ATM on property) **BRH is not responsible for lost or stolen items (remember these are shared accommodations)**
- Reading material is strongly discouraged. Some reading material may be allowed/ this is assessed individually by staff to determine if it is acceptable. Time for reading is strictly limited.

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.

MEDICATIONS

Brentwood has a medical department supervised by our Psychiatrist and nursing staff.

- Upon arrival, all medications must be turned into 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.



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- **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 7:45AM when you have your first one-to-one talk of the day with a fellow client or Brentwood Alumni.
- There are several group meetings that are facilitated by counsellors and two main talks 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.

INVOLUNTARY DISCHARGE

Brentwood retains the right to remove a person from treatment. Individuals who may be involuntarily discharged include:

- Violent behavior directed towards self or others.
- Drug or alcohol use/ possession or distribution during admission
- Ongoing persistent inability or unwillingness to participate in the program

AFTER CARE

When a person completes the program, they graduate and become part of the Brentwood Fellowship. Extensive Aftercare services are provided to those recovering from substance misuse and their families. Graduates from out of town and district will be provided with information on meetings and other recovery supports in their area. Virtual After care services are available and will be set up prior to graduation.