

Implementing a Community-based Intensive Day Treatment Program

Presented by:

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Objectives

- Learn the important components of the program
- Learn from our experience
- Learn from each other

Monarch Recovery Services

- Sudbury, ON
- 7 programs 6 different sites
- Close to 50 employees
- Abstinence and Harm Reduction philosophy



517 Kathleen Street



History

- LHIN funding
- Developed framework
- Standardize between programs
- First cycle – July 2016



Program

- Five week, closed intake
- One-on-One and Group format
- Holistic approach
- Use of Motivational interviewing techniques
- Guest speakers – people with lived experience, community partners
- Lunch provided
- Mindfulness

Mindfulness Exercises

- Tibetan Bowl
- Body Scan
- Nature
- Square Breathing
- Progressive Muscle Relaxation
- Leaves on a Stream
- Eating One Raisin

First Week

- Themes of the Week: Holistic Health, Externalizing, Relative thinking and Acceptance
- Assessments completed with Primary –depression and self-esteem scale
- Treatment goals identified

Second Week

- Themes of the Week: Neurobiology of Addiction, Change, Mindfulness
- Stages of Change
- Biology of Substance Use

Third Week

- Themes of the Week: Positive Self-Talk, Self-Care, Mental Health, Wellness
- Partner agency presentation – Canadian Mental Health Association
- Inner Child/Attachment
- Start working on Recovery Plan

Fourth Week

- Themes of the Week: Connection, Gratitude, Appreciation, Boundaries, Spirituality
- Indigenous Focus
- Buddhist

Fifth Week

- Themes of the Week: Relapse Prevention and Transition
- Positive letter
- Presentation of their recovery plans to the class
- Transition ceremony
- Program satisfaction survey and OPOC
- Program evaluation

Initial Program Review

- After first cycle – one week review
- Trauma focus first – then relapse prevention
- Process of assigning clients

Connections Program

- Created from experience in women's treatment
- Pre and post treatment
- Develop and achieve goals set while in treatment

Successes

- Client/person centred
- Living out 'holistic'
- Strength-based
- Create a safe/comfortable/open place for participants to share and learn

Participant Feedback

- ‘The mindfulness exercise was really helpful....I have been able to use this to control my anger...’
- ‘Everyone is on the same level here....I was afraid of being judged but right away I knew this place was safe’
- ‘I was concerned that the counselors were not people in recovery and wouldn’t understand but that really didn’t matter’
- ‘Been to lots of treatment...this is the best by far...nothing like this’
- ‘Learning about the science of my addiction has been so helpful....I had no idea’

Challenges

- Location
- Harm Reduction approach
- Not residential – incentive to come each day
- Housing & Transportation needs
- Impact on participation in other programs

Cycle	Transition/ Graduated	D/C early	NO SHOW/ withdrew	Assessment	House	Community
1 (July 11, 2016 to August 12, 2016)	4	2	1	7	2	5
2 (August 22, 2016 to September 22, 2016)	4		1	5	4	1
3 (September 26, 2016 to October 27, 2016)	8	1	3	12	4	8
4 (October 31, 2016 to December 1, 2016)	5	4	2	11	4	7
5 (December 5, 2016 to January 12, 2017)	6	1	2	9	3	6
6 (January 16, 2017 to February 16, 2017)	6	1	4	11	3	8
7 (February 21, 2017 to March 23, 2017)	5	0	6	11	4	7
8 (March 27, 2017 – April 27, 2017)	5	0	2	7	4	3
9 (May 1, 2017 – June 1, 2017)	6	0	2	8	4	4



Questions



Contact Information

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