

RULES & EXPECTATIONS

Thorpe Recovery Centre provides structure and basic guidelines you will need when you return to your home community, recovery focused.

Unpacking & Settling In

Unpacking your luggage the first day you arrive affirms that you matter and this is your home for the entire time you are here.

Completing Assignments & Tasks

Programming includes both formal and informal therapeutic interventions. You will develop a treatment plan with our team that will consist of a series of assignments and educational sessions. Completion of your treatment plan is essential to finishing our program. Some informal aspects of our program include making your bed each day, keeping your space clean and tidy, contributing to community chores. These reinforce healthy daily habits that will make your day-to-day recovery more manageable.

By taking care of the little things, the big things become more manageable.

Recovery-Focussed Community

Creating a safe space for all is essential for the community. The use of language and topics of discussion are to be positive and focus on wellness. Gossiping is a form of mood-altering and deflection and something we do when we don't feel good in ourselves. This, along with foul language and stories of past unhealthy activities (drugalog) is not permitted.

Smoking Schedule

It is not uncommon for individuals to manage their emotions through mood altering with many different behaviours and substances (food, anger, smoking). Learning the importance of societal norms and following rules is key to living in recovery and maintaining a sense of self-respect. Smoking is permitted at certain times to not interfere with programming and to let program participants learn how to "sit in their feelings".

Schedule & Structure

Being accountable for your actions and time is important when re-integrating back into your home community. Being on-time for all aspects of programming is required. The programming schedule is set to ensure a healthy flow of activities that include breaks, times of reflection, recreation, and education.

Although it is permitted in designated areas, breaks for smoking or snacking are set at certain times to not interfere with programming. A natural reaction to an uncomfortable situation or emotion may be to reach for a cigarette; by waiting until a scheduled time to use tobacco, you are learning to sit with your feelings and process emotions in a supportive environment. By establishing a reasonable daily routine, you are setting a foundation for life-long recovery.

THE 21 COMPETENCIES OF OUR ADDICTION TREATMENT PROGRAM

The following competencies form the core experience that enables you to complete a task, job, or professional assignment successfully. Personal development is also reinforced through intervention plans by providing accountability and opportunities to take on commitments and initiatives, among other things.

Below are the 21 competencies our team and program participants are encouraged to develop:

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| 1. Be organized and orderly | 8. Take initiative | 15. Be objective |
| 2. Be consistent | 9. Express yourself appropriately | 16. Be empathetic |
| 3. Be reliable | 10. Encourage others | 17. Decision-making abilities |
| 4. Active participation in own recovery | 11. Accept being supervised | 18. Problem-solving abilities |
| 5. Ability to plan structured activities | 12. Team work abilities | 19. Ability to ask for help |
| 6. Ability to lead structured activities | 13. Communicate effectively | 20. Conflict resolution |
| 7. Transfer of learning | 14. Social integration abilities | 21. Self awareness |