

THE REFERRAL PROCESS

Referrals are accepted from MHSU clinicians (ACT, AOT, SAMI, 713) or MHSU Substance Use Intake (250-519-3485).

Referral information should include:

- Substances use history, social history, medical and psychiatric concerns, current medications, legal involvement, falls risk assessment and history/risk of violence or self-harm.
- Please also include current housing and funding information and recovery goals. Due to the length of the program, clients are encouraged to start thinking of post-stabilization or treatment plans prior to admission.
- Please ensure you include current contact information.
- New referrals are reviewed by the Stabilization team Monday to Friday, and triaged according to client needs. Those with the highest needs for stabilization will be prioritized for service.

Waitlist:

Once the referral has been submitted, clients are encouraged to phone Stabilization 1-2x/week to follow-up on the referral and maintain position on the waitlist. Stabilization will attempt to contact the client when a bed becomes available.

FUNDING

- The cost of the program is \$40 per day. For clients receiving benefits through the Ministry of Social Development and Innovation (MSDI), the cost is covered. Persons who have no source of income need to apply for social assistance prior to

intake for Stabilization as funding approval can take up to several weeks. (<https://myselfserve.gov.bc.ca/>)

- Persons who are not eligible for social assistance can self-pay or discuss other payment options with their Addictions Counsellor/Referring Agent.
- Clients who are able to pay the cost of their stay must make payment arrangements prior to intake.

AT ADMISSION

All clients will be required to provide a negative urine drug screen and breathalyzer upon admission. Client being admitted from the community will also be required to phone Stabilization at 0900 the day of admission to confirm the following tasks have been completed.

Clients are required to have:

- TB chest x-ray (within the last 6 months). If you do not have one, please notify Stabilization prior to admission.
- Doctors paper prescriptions for 30-days' worth of all medications and any over-the-counter medications. **DO NOT** bring medication; all medications must be dispensed by Stabilization pharmacy.
- Methods of payment for Stabilization include cheque, cash, Visa or MasterCard.
- No more than two small suitcases or one large suitcase worth of belongings. (Please see WHAT SHOULD I BRING for further information.)



Mental Health and Substance
Use Services

Withdrawal Management
Services



Phone #: 250-370-8810

Fax #: 250-519-1702

Location: 5B – 2334 Trent Street,
Victoria, BC

ABOUT STABILIZATION

What happens at Stabilization?

Stabilization is a community-based program, which helps clients build an individualized recovery plan and connect with community supports. Stabilization provides a supportive and collaborative atmosphere to help clients reach their recovery goals and build healthy lifestyles that clients can take with them once they have completed the program.

Stabilization Welcomes Diversity

- Welcomes people with concurrent mental and physical health issues regardless of race, religion, culture, sexual orientation or ability.
- Respects and acknowledges each person's readiness for change and seeks to stimulate and support interest in growth and recovery.
- Treats people with dignity, compassion and respect as individuals.

Program Expectations

- Clients are required to be abstinent of all substances for the duration of the program.
- People who come to Stabilization are expected to take responsibility for their own recovery and work collaboratively with staff to build a recovery plan.
- Clients will hand in a weekly calendar, outlining meetings, appointments and goals for the up-coming week.
- Clients are required to participate in all Stabilization groups and check in's (Daily psycho-educational group, morning 1:1 check-in, and evening group check-in).

- Clients are required to connect with community supports and attend a minimum of 5 community meetings per week (Women's/Men's support group, RAS, Life Ring, SMART and AA/NA meetings).
- Clients will meet weekly with Stabilization staff to discuss recovery goals and post-stabilization planning.
- Failure to meeting program expectations may result in discharge from the program.
- Any form of harassing, threatening or abusive behaviour will result in immediate discharge.

HOW OUR SERVICES WORK

- Stabilization has 22 residential beds available for individuals. Rooms are shared between 3-4 same-sex individuals.
- Stabilization has limited single rooms available to accommodate diverse medical/psychiatric needs.
- Program length ranges from 7-30 days, depending on a client's recovery goals and progress.
- 24-hour support is provided by Addiction Recovery Workers. Limited nursing support is available for medication and medical concerns.
- Psychiatric consults and assessments are available by physician referral.
- Meals and snacks are provided daily. Stabilization has the ability to accommodate most dietary restrictions.
- Clients can receive bus tickets and recreation passes daily and are able to access on-unit services when offered by volunteers (Acu-detox, Yoga, Arts, and Music).

WHAT SHOULD I BRING?

Stabilization offers a safe and clean environment for clients to work towards building a recovery plan. Any weapons, substances, or paraphernalia are strictly prohibited.

At Stabilization, residents share a common living area, TV lounge and dining room. Meals are provided.

- Residents are responsible for their own hygiene supplies and toiletries. Please avoid strong smells.
- Bedding and towels are supplied and residents are not permitted to bring their own bedding.
- Residents are asked to bring enough clothing for a two-week stay. Laundry facilities are available.
- Appropriate gym and pool wear for the recreation centre.
- Personal cell phones and other electronic devices are not permitted for use on the unit, but may be used off the unit.
- Residents are asked **not to** bring their vehicles to Stabilization.
- Any items that are not allowed on the unit will be stored until discharge.

**Reflecting Our Commitment to
Excellent care, for everyone,
everywhere, every time.**

