

Algoma Substance Abuse Rehabilitation Centre



## **Breton House**

Information Package

Tel: 705-759-4891

Fax: 705-759-1874

## Land Acknowledgment

Breton House would like to acknowledge that we are situated on Robinson-Huron Treaty territory. We respectfully acknowledge that the land on which we gather, heal and work on recovery is the traditional territory of the Anishinaabe; home of Garden River First Nation, Batchewana First Nation and the Métis Nation, in an area historically known as Bawating.

Thank you for your interest in the Breton House program. Enclosed, you will find information about the services we offer and what to expect should you choose to become a resident. Our team at Breton House is made up of dedicated staff, committed to providing the highest quality of care while supporting residents at every stage in their recovery.

Once again, thank you for taking the time to review the information package from Breton House. We look forward to hearing from you soon.

Kind regards,  
Breton House Staff



## History

The Algoma Substance Abuse Rehabilitation Centre originated from a local chapter of Women for Sobriety in the early 1980s. The need for a recovery home for women was highlighted in a report by Judge Raymond Stortini and commissioned by the District Health Council in 1983. Women for sobriety worked to gain support from the local community for a women's recovery home.

The property of 91 Breton Road was purchased in December of 1985 and promptly named Breton House. Breton House aimed to provide women with opportunities to grow and change as they sought recovery from substance use disorder. The first residents arrived on April 27, 1986.

## Mission

Improve the health and well-being of women with substance use issues by offering opportunities of growth and change.

## Vision

Women empowered by hope.



## *General Information*

- Breton House, located in Sault Ste. Marie, ON, provides a safe environment for women aged 19 and above, who are struggling with substance use disorder. The facility has eight beds and offers low to moderate treatment.
- Breton House is a scent-free and smoke-free environment, with a designated smoking area outside. To ensure the safety of everyone, residents are expected to respect our zero-tolerance policy which includes no use of alcohol or drugs, as well as no threats or acts of violence towards other residents and staff.
- The Breton House program requires a minimum commitment of 3 months; however, residents are welcome to stay up to 1 year.

## *Admission Criteria*

There are a few steps to apply to the Breton House program which are outlined below:

1. Call Breton House to complete a brief screening form. This usually takes about 10-15 minutes.
2. You will be responsible to call once per week to confirm your spot on the waitlist. If you do not call to check in, you will be bumped or removed from our waitlist.
3. Within one week of completing your screening, a counsellor will call to confirm the information on your screening form. This is to ensure that we have all the necessary information we need to support you through the waitlist and intake process.
4. After 4 weeks, a counsellor will contact you to schedule an informal meeting. This time is used to meet the counsellors, review the programming schedule, and answer any questions you may have.
5. Ensure all necessary forms in this information package are completed and returned to Breton House. This includes the medical form, Acknowledgment form, Travel form and any Consent forms you may require.

## *Intake and Program Information*

- When you arrive at Breton House: All necessary intake paperwork will be completed with a staff member. Your belongings will be searched and put through the dryer. Any prohibited belongings will be securely locked in the main office and you will be matched with a primary counselor.
- For the first week, we request that you refrain from contacting friends or family outside of Breton House. This allows you to settle in and direct your focus on your recovery.
- During your first two weeks, you will be part of a buddy system to help you acclimate to the community and receive support.

## *Program Run Down*

At Breton House, we provide a variety of programs to support you on your path to recovery. Participation in programming is a required component of your Breton House experience. Residents are expected to fully engage in the activities and programming provided on the Breton House Schedule.

### **Groups**

You will be expected to participate in various groups as apart of your required programming. Groups on site include education, group therapy, life skills, and leisure groups. Assignments will be given during these groups. You will be expected to attend 12-step meetings off site a minimum of 3 times a week.

### **Taking care of business**

A timeframe to take care of any personal and household business, such as booking appointments with doctors or dentists or updating personal information.

### **House meeting**

House meeting is used to introduce new residents to our guidelines and expectations, as well as address any questions or concerns. This is also where we discuss the chores and groceries for the following week.

### **Assignments**

Your counselor will give you assignments throughout the week that are geared to your treatment goals, that you create with your counselor at the beginning of your stay.

### **Journals**

When you arrive at Breton House, you will be given a journal. The expectations for the journal will be explained upon admission.

### **Chores**

All residents at Breton House participate in daily, weekly, and monthly chores. This includes tidying of personal space and the common areas such as living room, kitchen and washrooms. These chores rotate weekly and are assigned 1 week after intake.

### **Silent Walk**

You are expected to participate in two designated walks: 1 in the morning and 1 in the afternoon. Exceptions are made for individuals with mobility issues.

### Point system

Breton House uses a point system to maintain structure and routine. This is used to help develop skill building and accountability. This will be reviewed upon admission.

### Cell phone use

- Residents have access to their phones one week after intake; on Tuesdays and Thursdays between the hours of 1:30pm to 3:00pm to schedule appointments, pay bills, etc.
- Clients are allowed to take their cellphone off property, when on outings longer than one hour.

### *Additional Key Points*

- Please note that Breton House is not a trauma-based facility, we are trauma-informed. If trauma care is one of your goals, outpatient referrals can be made.
- Breton House does not have housing workers on site. If housing is a focus and you are eligible you will be referred out to community resources.
- Blister packs are required for all medication that is taken on a regular basis. As needed prescriptions can be placed in properly labeled containers with your name, medication name, RX number and dosage.
- Individuals with medication are required to have a minimum of 2 weeks/14 days of medication refills to ensure you do not miss a dose. Breton house does not have medical staff on site, and cannot guarantee quick access to medical staff to receive refills.
- Individuals that are prescribed methadone, suboxone or sublocade must be on a stable dose.

### *Packing for your stay at Breton House*

We ask that you bring no more than 2 bags (suitcases, duffle bags, etc.) to Breton House due to the limited available storage.

Please Bring:	Do not bring:
<ul style="list-style-type: none"><li>• Personal toiletries and hygiene products (as a scent free environment we do not accept perfumes and body sprays in the house).</li><li>• Prescribed medications-Blister packed or in original properly marked containers.</li><li>• Indoor shoes-or slippers with a hard sole.</li></ul>	<ul style="list-style-type: none"><li>• Alcohol/drugs, drug paraphernalia or weapons</li><li>• Clothing that advertises or glorifies drug and alcohol abuse and/or violence</li><li>• Bedding or linens</li><li>• Laundry soap or dryer sheets</li><li>• Scented products (eg. Candles, perfumes, incense)</li><li>• Electronics or video games</li><li>• A vehicle</li></ul>

***Please ensure all forms are completed with up-to-date information***

Signed consent for any professionals supporting your treatment.

This may include CAS worker, OW or ODSP worker, Probation or Parole Officer, OAT prescriber or clinic (Form #1)

*If you require multiple Consent Forms, you may photocopy or request additional forms.*

Medical Form (Form # 2)

Acknowledgement Form (Form #3)

Travel Form (Form #4)

Please return these forms prior to your intake date. They can be faxed to:

705-759-1874

or emailed to:

Jennifer at [jmaville@bretonhouse.ca](mailto:jmaville@bretonhouse.ca) or Kaylan at [kaylangagnon@bretonhouse.ca](mailto:kaylangagnon@bretonhouse.ca)

## CONSENT TO RELEASE OR OBTAIN CONFIDENTIAL INFORMATION

***By signing this form, you acknowledge and understand the purpose for disclosing this personal health information and what this information will be used for. The information obtained or released will only be shared with those persons or agencies listed below and will not be shared with any third parties without consent.***

I, \_\_\_\_\_, Date of Birth \_\_\_\_\_  
(Your name) (Your date of birth)

Of: \_\_\_\_\_  
(address)

hereby consent and authorize:

Person or Agency: **BRETON HOUSE: 91 BRETON ROAD SAULT STE. MARIE, ON 705-759-4891**

To **disclose and obtain** my personal information consisting of:  
(Check or describe the personal health information to be disclosed)

- |   |  |
|---|--|
| <input type="checkbox"/> Waitlist Information               | <input type="checkbox"/> Intake Information    |
| <input type="checkbox"/> Treatment Planning                 | <input type="checkbox"/> Progress Reports      |
| <input type="checkbox"/> Medical or Psychiatric Information | <input type="checkbox"/> Discharge Information |
| <input type="checkbox"/> Other: _____                       |  |

To/From: \_\_\_\_\_  
(Name, address and contact number)

For the purpose of: \_\_\_\_\_  
(Describe the reason for personal health information to be disclosed)

**This consent will be valid for a period for six (6) months, at which point it will expire and no longer be considered valid. You may withdraw your consent, either verbally or in writing, without any consequence.**

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

**Medical Form**

**Current Pharmacy:** \_\_\_\_\_

**Pharmacy Phone Number:** \_\_\_\_\_

*If prescribed methadone/suboxone/sublocade:*

**Current Clinic:** \_\_\_\_\_

**Clinic Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

Methadone      Dosage: \_\_\_\_\_

Suboxone      Dosage: \_\_\_\_\_

Sublocade      Dosage: \_\_\_\_\_

*If clinic transfer is required:*

OATC  
500 Queen Street East,  
Sault Ste. Marie, ON  
P6A 2A1  
(705) 759-8080

Recovery North  
673 Queen Street East  
Sault Ste. Marie, ON  
P6A 3C4  
(705) 256-3003

RAAM Clinic  
123 East Street  
Sault Ste Marie, ON  
P6A 3C7  
(705) 759-3434 ext. 7200

You will be required to transfer pharmacies if you are outside of Sault Ste. Marie. The following are a few recommended pharmacies. Please note: Metro pharmacy will not fill medication such as Methadone or Suboxone.

Metro  
150 Churchill Blvd,  
Sault Ste. Marie, ON  
P6A 3Z9  
(705) 254-3923

PharmaRight  
688 Second Line E,  
Sault Ste. Marie, ON P6B  
4K3  
(705) 949-5050

Rexall  
129 Trunk Rd,  
Sault Ste. Marie, ON P6A  
3S4  
(705) 253-3254

**Reminder:** Blister packs are required for all medication that is taken on a regular basis. As needed prescriptions can be placed in properly labeled containers with your name, medication name, RX number and dosage. Please ensure you have 2 – 3 weeks of medication refills for all current medication prior to arrival to Breton House.

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

## Acknowledgement Form

Breton House is a substance use disorders focused program. While we understand mental health and the impacts it has on the individual and how it impacts substance use disorders, it is important to note that Breton House is a trauma-informed facility and is not a trauma-focused or trauma-recovery program. If trauma treatment is a goal within your recovery journey, you will be referred to an outpatient trauma-focused service while attending Breton House.

- I, \_\_\_\_\_ acknowledge and understand that Breton House is not a trauma-focus facility and I will be referred to outpatient trauma supports if required and requested.

Breton House is a substance use disorders focused program. While we understand the impacts of being unhoused, having unstable or inconsistent housing or other housing related needs, Breton House does not have housing workers on site. If obtaining or securing housing is a goal for you, you will be referred to community-bases housing supports while in Sault Ste Marie. If you are interested in obtaining or securing housing outside Sault Ste Marie, referrals will be made for the community you wish to move to.

- I, \_\_\_\_\_ acknowledge and understand that Breton House is not a housing facility and does not have housing workers on site to assist in housing searches. Referrals can be made to community organizations that assist in housing.

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Your Signature

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Date

**Travel Form****ARRIVAL PLAN**

The following is my current transportation plan to Breton House.

Mode of Transportation: \_\_\_\_\_

*Please note: if coming into Sault Ste Marie via the Northland Bus, the bus does not arrive to Sault Ste Marie until 10:30pm*

Person/Agency Providing Transportation or Transportation Funds: \_\_\_\_\_

I am aware the cost of transportation is my responsibility, and Breton House is not responsible for securing or obtaining funds to help me get to Breton House.

\_\_\_\_\_  
Your Signature

**DEPARTURE PLAN**

I understand that while at Breton House, a complete plan will be developed for my departure, and my counsellor will assist with this planning.

The following is my current plan in the event that I leave early from Breton House:

Destination upon Departure: \_\_\_\_\_

Mode of Transportation: \_\_\_\_\_

*Please note: when leaving Sault Ste Marie via the Northland Bus, the bus does not leave Sault Ste Marie until 10:30am. If travelling northbound, the outbound bus leaves at 10:30pm.*

Person Providing Transportation or Transportation Funds: \_\_\_\_\_

I am aware the cost of transportation is my responsibility, and Breton House is not responsible for securing or obtaining funds to help me leave Breton House.

\_\_\_\_\_  
Your Signature

