

Algoma Substance Abuse Rehabilitation Centre



**Breton House**

Information Package

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## 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>

