



## Transformations Program

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### Frequently Asked Questions

#### 1. Who is the Transformations program for?

Men aged 18 or older who are experiencing difficulties related to a variety of substances: alcohol, stimulants, inhalants, depressants and hallucinogens. Clients must be substance abuse free for a minimum of 10 days (e.g., as verified by physician, hospital, detox center). The Transformations Program is “**not**” a concurrent disorders program.

To participate in the Transformations program client’s must be medically and psychologically stable and require no medical appliances such as IV’s, oxygen, wheelchair, walker, etc.

NOTE: The Salvation Army does not discriminate based on any disability. These restrictions are predicated upon the structure of the facility which has no elevators, and upon the capacity of staff who are not qualified to care for persons with complex medical issues.

Therefore, clients must be fully ambulatory including being able to navigate stairs unassisted, care for their own personal hygiene, and participate in housekeeping duties.

Clients must have a Grade Twelve or GED literacy to fully participate in all aspects of the program and fully benefit from the services offered.

#### 2. What is the Zero Tolerance Policy?

To ensure the health, safety, and well-being of all our clients and staff and to maintain program integrity, Transformations has a zero tolerance policy regarding the use of alcohol, drugs, participation in gambling activities, violence and/or abusive behaviour towards other clients or staff. If a client is requested to take a breathalyzer or drug screen they must comply or face possible discharge from the program. Individuals who test positive or are found to be using while in the program may be refused access to the facility and/or will be discharged from the program.

The Transformations program has a restricted tobacco use policy. The Salvation Army Addiction and Recovery Centre is a smoke free and scent free environment. Studies have shown that smoking cessation during addictions treatment shows promise in aiding long-term sobriety and abstinence. Transformations staff will assist clients in smoking cessation.

#### 3. What does the program cost?

The Program Fees include the program, meals, and accommodations. All other expenses (toiletries, clothing, etc.) are the personal responsibility of the client.

Transformation clients are required to pay for the cost of the program, meals, and accommodation, a month in advance.

Upon intake, a client will pay all fees associated with the program for all days from their first day of intake up to and including the last day of the month.

Program Fees for the following month are due on or before the 15th day of the current month.

Example: A client who joins the program on the 5<sup>th</sup> of the month is required to pay the daily fees for the 6<sup>th</sup> through to the end of that calendar month.

On the 15<sup>th</sup> of that same month, the client is required to pay for the fees for the entire following month.

Any client who is discharged or self-discharges, is not eligible for a refund of fees.

#### **4. What are the goals of the Transformations program?**

Transformations program objectives include:

- Sobriety: Increase in skills that promote abstinence from substance use
- Health: Manage/reduce the side effects of chronic substance abuse
- Wellness: Improvement in daily functioning and promote a healthy lifestyle
- Restoration: Successful family, community and job reintegration

#### **5. When does the Transformations program operate?**

Program services can be accessed throughout the year providing program space is available. The duration of the intensive, residential treatment program is 4 months.

#### **6. Where is the Transformations Program?**

Program services are delivered at the Salvation Army Addictions & Residential Centre, 9611 – 102<sup>nd</sup> Avenue, Edmonton, AB.

#### **7. How does the Transformations program work?**

The Transformations Program uses a bio/psycho/social/spiritual treatment approach. Services are provided by a co-ordinated treatment team which includes: a Program Manager, Addictions Counselors, Program Facilitators, and a Chaplain. The program utilizes a community based approach which involves both the client and his family in the treatment plan.

#### **8. Why should a person participate in the Transformation program?**

Substance abuse/addiction can be a life-long problem affecting individuals, their families, and their communities. The Transformations Program is based on the latest research in the field of addictions treatment. Services are provided by trained and certified staff who work to assist clients and their families to re-take control of their lives and achieve a healthy future.

Transformation staff are dedicated to ensuring our clients are safe, secure, healthy, well cared for, as they learn and develop essential recovery and life skills.