



QUINTIN WARNER HOUSE:
Long Term Addiction Treatment Program
477 Queens Avenue
London, ON N6B 1Y3
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PROGRAM DESCRIPTION:

Quintin Warner House is a branch of Mission Services of London where males, ages 18 years or older, who have severe or substantial addiction dependency, are treated in a sixteen week rehabilitation program. In addition, there are one to four weeks of Prephase (pre-treatment). There is also the possibility of a four-week program extension depending on the resident's individual treatment plan.

The program is divided into three groups – Prephase, Phase I and Phase II. Upon completion of the program, clients have an option of living in supportive housing (annex). Clients living at the annex are encouraged to further their education, re-enter the community or obtain a job and set up support networks i.e.: self-help programs, therapy, churches etc.

Our program has three primary compulsory requirements:

1. Abstinence
2. Zero-tolerance for: violence (verbal or physical), and degradation of an individual's race, religion or sexual orientation
3. No initiation of a sexual and/or romantic relationship while on program

REFERRAL/ADMISSION CRITERIA:

QWH requires the Admission/Discharge Tracking Summary, the Drug History Questionnaire, the Health Screening, Client Information and Admission Information screens from Catalyst or Standardized Residential Services Referral Form and the Supplemental Referral Information Form.

Once the Tracking Summary is received by QWH, the referral agency or the person who has been referred can telephone for an appointment to complete an intake application in person or by telephone. The individual is then given a tentative intake date and placed on the waitlist for program (if applicable). The individual is then required to check in once per week to ensure their place in program. Quintin Warner House conducts a second intake interview on the day of intake to ensure all requirements have been met.

- It is highly recommended that individuals requesting admission to QWH have been involved with another substance abuse program prior to intake. If not, admission will be based on the discretion of the staff team.
- Any individual with outstanding or pending legal charges can not be admitted unless the charges have been dealt with or arrangements can be made to postpone trial dates until completion of the program. Individuals who are incarcerated can not be given an intake date until they have a release date and are able to make weekly telephone check ins. Note: this is assessed on an individual basis. An individual on probation, parole or bail may be admitted into the QWH program however, their order cannot specify attendance or residence at QWH. The order can include conditions to attend unspecified substance abuse treatment. A copy of the Probation or Bail Order must be sent to QWH before admission to the program.
- All individuals must have a Preadmission Medical Form completed by a doctor or nurse before admission to QWH.
- Individuals must have abstained from substances for 7 – 14 days before admission, depending on the drug of choice. This will be determined by the intake counsellor during the intake process.

REFERRALS ACCEPTED FROM: self, family, withdrawal management centres, doctors, hospitals, employee assistant programs and assessment and referral Agencies.

PROGRAM TREATMENTS: group session, motivational interviewing and cognitive behavioural therapy are our basic counselling approaches.

QWH has six Main Program Streams:

- **Life Skills:** group discussion, team building, nutrition, kitchen and house meetings and educational videos.
- **Stress Management:** individualized treatment plans, goal setting, yoga and volleyball.
- **Anger Management:** problem solving, coping techniques help to aid the clients in understanding how anger affects their lives. A separate anger management group is offered during the evening for clients who need more focus on anger management.
- **Relapse Prevention:** working through cravings/triggers, increasing social supports and other tools to prevent relapse.
- **Assertiveness Training:** recognizing different communication styles, relationship building, and self esteem and communication skills.
- **Process Groups:** trauma, abuse issues, family dynamics and grief therapy. Some process groups are conducted in open discussions.

Recreation: volleyball is played twice weekly and yoga is practiced once per week throughout the year. Daily walks or morning exercises are mandatory. Clients have access to an assisted YMCA membership while at QWH. The clients and alumni also participate in a summer baseball league.

Spirituality: weekly sessions are taught to clients by a minister in our community. This helps the client develop positive and constructive spiritual awareness and work through issues in spirituality.

Self-help program: attendance to NA, AA, GA, CODA, OA, or ACOA is recommended but not mandatory while on program. This enables clients to develop healthy outside community support systems.

Recreation Day: takes place once per month. *Rec Day* is used to teach clients to play and laugh. Too often residents get caught up in everyday stress. Recreation Day helps them to develop a positive, balanced perspective on life.

Guest Speakers: speakers are brought in from community resources that have specialized knowledge or skills to benefit the clients. Some of the speakers also include our graduates who have had similar life experiences. These past clients are a source of encouragement and hope to the new clients.

Case Managers: are assigned to each client for individual counselling, to liaison with outside agencies, assist with referrals, to help with client directed goal setting and facilitate individual treatment plans.

Please note: Individuals are required to have basic reading and writing skills to participate in the program.

PROGRAM PHILOSOPHY

Quintin Warner House concentrates on a social, cognitive, behavioural model. The belief is that people develop into mature beings only when they relate in a healthy way to themselves and others. Therefore, the program gives clients the opportunity to experience community living based on responsibility, concern for others and self.

There is no magic at QWH. Quintin Warner House helps individuals build new tools and sharpen the tools they already have so they can do a better job of constructing their life. Building a new life will depend on how hard the client is willing to work at their problem areas and those that have caused the most trouble.

MISSION STATEMENT of *Mission Services of London*

Mission Services of London opens doors of hope with compassion for those seeking emergency shelter and support, by offering safe shelter, food, clothing and rehabilitation.

HISTORY OF QUINTIN WARNER HOUSE

Quintin Warner House was established as Bethel House in 1957. On April 1, 1965, our large house was purchased with the intention of continuing the kind of work begun by Canon Quintin Warner, a prominent clergyman of the Anglican faith, who had become interested in alcoholism and the problems it created for people. It was he who was largely responsible for introducing the Alcoholics Anonymous movement into Canada by organizing the first group in London.

FUNDING INFORMATION

The Ministry of Health and Long Term Care and Mission Services of London fund Quintin Warner House. Personal needs allowance is given weekly to those who do not have an income while on program. The Mission Store and Dundas Centre United Church provide clothing for those in need.