

Quintin Warner House

Four-month, live-in addiction treatment centre

457 York St West Entrance, London, ON N6B 1R3

Phone: (519) 434-8041 Fax: (519) 434-1669

PROGRAM DESCRIPTION:

Quintin Warner House (QWH) is a Mission Services of London site 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).

The program is divided into three Phases: Prephase, Phase I and Phase II. Upon completion of the program, participants have an option of living in supportive housing (annex). Participants 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 and/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 cannot 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 assistance 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 participants in understanding how anger affects their lives. A separate anger management group is offered during the evening for participants 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. YMCA membership cards are issued to each resident; gym time is scheduled between 8 and 10 a.m. from Monday to Friday. The participants and alumni also participate in a summer baseball league.

Spirituality: Weekly sessions are taught to participants 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 participants to develop healthy support systems outside the community.

Recreation Day: Takes place once per month; it is used to teach participants to play and laugh. Too often residents get caught up in everyday stress. Recreation Day helps them to develop a positive and balanced perspective on life.

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

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.

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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 participants the opportunity to experience community living based



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on responsibility and 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.

For information on our intake process, contact: qwhintake@missionservices.ca

Please contact Quintin Warner House directly for any further assistance: (519) 434-8041