



**QUINTIN WARNER HOUSE**  
Long Term Addiction Treatment Program  
457 York St  
London, ON N6B 1R3  
Phone: 519-434-8041 Fax: 519-434-1669

November-15-24

### **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 Pre-phase (pre-treatment).

The program is divided into three Phases: Pre-phase, Phase I and Phase II. Upon completion of the program, clients may 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 two 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

### **REFERRAL/ADMISSION CRITERIA:**

QWH requires an intake application and pre-admission medical form, those can be found at [www.missionservices.ca](http://www.missionservices.ca)

Once the intake application and pre-admission medical form is received by QWH, the referral agency or the person who has been referred will be contacted by 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 previously. 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.
- Individuals must have abstained from substances for 7 – 10 days before admission, depending on the drug of choice. This will be determined by the intake counsellor during the intake process. A drug screen will be conducted at admission.
- *Please note: Individuals are required to have basic reading and writing skills to participate in the program.*

**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 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 informed approach, abuse issues, family dynamics and grief therapy. Some process groups are conducted in open discussions.

**Recreation:** YMCA membership cards are issued to each resident; gym time is scheduled between 8 and 10 a.m. from Monday to Friday. The clients and alumni also participate in a summer baseball league. A recreational outing in the community is planned once per month.

**Spirituality:** weekly sessions are taught to clients by the Mission Services Chaplan. This helps the client develop positive and constructive spiritual awareness and work through issues in spirituality.

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

**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. Quintin Warner House will support the individual with quitting smoking, with the use of Nicotine Replacement Therapy and counselling at no additional cost

## **PROGRAM PHILOSOPHY**

Quintin Warner House concentrates on a social, cognitive, behavioural model. The belief is that people develop into mature individuals 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 and concern for others and self.

Quintin Warner House helps individuals acquire new tools and sharpen the tools they already have so they are better equipped to cope with challenges in their life.

## **MISSION STATEMENT of *Mission Services of London***

*Mission Services of London* actively responds to people experiencing need, affirms human dignity and inspires hope.

## **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.