

	YOU WILL NEED TO BRING	DO NOT BRING
Health Insurance	<ul style="list-style-type: none"> <li>Valid Ontario Health Card</li> <li>Drug Plan/ Card (if applicable)</li> </ul>	
Medication	At least 1 month supply of medication in original, clearly labeled, and no more than 3 months old	Cold and/or flu remedies, Gravol, laxatives
Methadone	<p>Contact Clinic 528 (519-654-2227) to set up Methadone transfer, if coming from out of town.</p> <p>Day of admission – be sure to receive your dose at your clinic before leaving for QWH. Please bring your receipt with you.</p> <p>Bring at least a 3-day prescription with you.</p>	Carries for methadone
Clothing (there are laundry facilities on site, laundry detergent is provided)	<ul style="list-style-type: none"> <li>Appropriate clothing for the season</li> <li>Comfortable clothes and running shoes for gym and yoga</li> <li>Laundry hamper (not necessary but can be helpful)</li> <li>Slippers or indoor shoes</li> <li>Quarters for washers and dryers</li> </ul>	<p>Clothing that</p> <ul style="list-style-type: none"> <li>advertises, promotes or reflects alcohol or drugs</li> <li>could be considered racist, sexist, sexually suggestive, or contains inappropriate language</li> <li>has rips or stains</li> </ul>
Toiletries	Toothbrush, toothpaste, floss, non-alcohol mouthwash, shaving gear, etc.	Toiletries containing alcohol or that are highly fragranced
Bedding	Bedding is provided but you can bring your own if you prefer	
Vehicles		Vehicles are not permitted while in program
Electronic Devices	<ul style="list-style-type: none"> <li>MP3 players</li> <li>Devices that do not access the internet</li> <li>personal stereos are allowed after program hours</li> </ul>	<ul style="list-style-type: none"> <li>Devices that can access the Internet</li> <li>Tablets, Laptops, Video game systems</li> <li>Portable TV's or DVD players</li> <li>if you do bring these items they will be locked up and you will have no access to them until you discharge.</li> </ul>
Phones	Quarters for use in payphones or calling card (payphones do receive incoming calls). Land line phone is provided at no charge for local calls.	<p>Cell phones</p> <p>- if you do bring a cell phone it will be locked up and you will have no access to it until you discharge.</p>
Entertainment	Appropriate books and magazines	<ul style="list-style-type: none"> <li>Pornography or magazines that promote violence and/or racism</li> </ul>

		<ul style="list-style-type: none"> <li>• videos/DVDs</li> </ul>
Cigarettes	Cigarettes/e-cigarettes/vapes or Nicotine Replacement Therapies if you are using these	<ul style="list-style-type: none"> <li>• contraband cigarettes purchased from First Nations reserves unless you can provide proof of Indigenous status</li> <li>• Nicotine salts for e-cigarettes/vapes</li> </ul>
Money (safes are provided in each room)	<ul style="list-style-type: none"> <li>• \$40 for deposit</li> <li>• Quarters for laundry and payphone</li> </ul>	
Other	Travel mug, water bottle and alarm clock (not necessary but can be helpful)	

## **QUINTIN WARNER HOUSE**

### **FREQUENTLY ASKED QUESTIONS**

1. What time do I arrive for Intake?
  - Your intake time will be set up with you and the intake coordinator. Individuals are usually asked to be at QWH by 9 a.m. on the morning of their intake date. If you are coming from out of town, special arrangements can be made.
2. Do I need a medical form filled out by a physician?
  - A Pre-admission medical form may be required and can be filled out by a doctor or nurse. This will be discussed with you at your interview.
3. Is Quintin Warner House a 12-Step program?
  - QWH is not a 12-Step program. 12-step attendance is not required but supported.
4. Am I allowed to contact my family/friends while I am at QWH?
  - For the first 2 weeks at QWH you will be on the Buddy System which means you are not allowed to leave the property unless you are with an approved individual. Phone/email communication is allowed.
5. Am I allowed visitors?
  - Visitors are allowed at the approval and discretion of staff.
6. Will I be allowed to go home for a weekend?
  - After one month in program; each resident is allowed one weekend away per month. All weekends away are subject to staff approval.
7. Is QWH staffed 24 hours a day?
  - No, there are staff on-site from 7:30am-2am. Outside of these hours there are staff on-call.
8. Does QWH have a gym facility?
  - QWH does not have a gym facility on site. YMCA membership cards are issued to each resident and gym time is scheduled between 8am and 10am from Monday to Friday.
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9. Does QWH have a tuition or cost?

- QWH is funded by the Ministry of Health and Long Term Care and Mission Services of London, therefore you do not have to pay to attend QWH.
- A \$40 deposit is required to cover any supplies provided to you, this is returned at discharge if all items are returned.

10. Can I start a relationship while I am at QWH?

- If a person comes into the program single they are expected to stay single and not engage in any sexual/intimate relationships while at QWH.