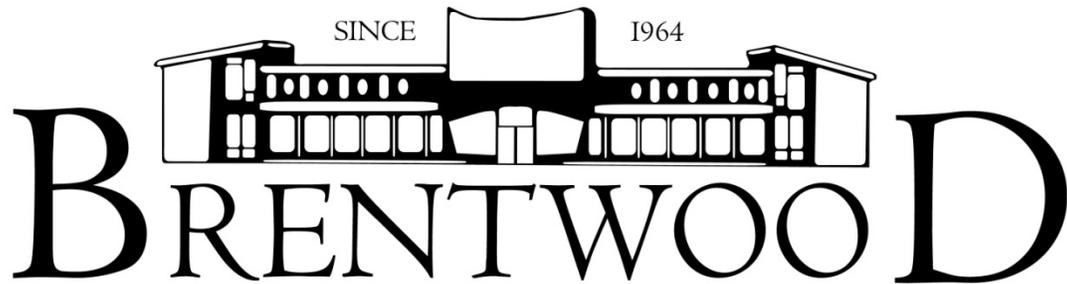


*Celebrating 49 years of Addiction Recovery*



*"Where People Need People"*

## **Brentwood Adolescent Substance Abuse Treatment Program**

### **Our Mission**

*Brentwood is a Recovery Home committed to providing compassionate care and abstinence based treatment in a residential setting for persons whose primary problem is alcohol and drug abuse while providing non-residential support for their families.*



Our Founder, Father Paul Charbonneau, saw that the youth were slipping through the cracks and felt that a youth treatment program as the next logical step for Brentwood. The pilot program began January 2012.

**Youth** - The relationship I have with my parents has changed drastically, for the better. Instead of them always sounding worried about me overdosing or going to jail, they sound so happy and proud.

### FAMILY SYSTEM

Brentwood Recovery Home sees the family system as a dynamic, interactive unit that undergoes continual evolution and function. There are systems and subsystems as well as the community as part of the system that can offer support, nurturance, and socialization. This fits well with the Brentwood Philosophy as it enables the program to reach out to families as well as the person with the problem.

**Parent** - Listening to the other parents has given me more positive ways to handle certain situations.

**As of June 2013, 51 youth have enrolled in the program.  
35 (69%) youth completed the 21 day program successfully.**

**Youth** - My relationships are becoming healthy. This program is helping me feel good about who I am and forgive myself for what I have done.

### TREATMENT PROGRAM

Our adolescent program consists of counselling group sessions, 45 minutes in duration offered 4-times each day for 5 days Monday through Friday. Saturdays offers group and a graduation ceremony. On Sunday there is an assembly meeting. In addition, there are spiritual theme meetings Monday thru Friday from which the core group therapy sessions get its sharing topic for group discussion, group interaction, and sharing. One on one's (peer to peer) are offered throughout the day and at request. Individual counselling sessions are arranged with counsellors on a need basis as determined by staff.



**Youth** - This program has given me the self-worth and confidence to go back to school and get good marks. Now that I have a clear and focused mind, I have a 3.6 GPA and it is because this program has taught me how to live. This program has taught me how to be a good son and I actually want to be a part of my family now. It is the building block that will allow me to be a good father in the future.

Recreation is part of the program with weekly gym activity, bowling, baseball and participation in art and drama classes provided by the Royal Conservatory of Music's "Living through the Arts Program".

**Youth** - I feel a lot more respect towards myself since I've come to Brentwood. My quality of life is alive

**One graduate was voted as "most improved academic progress" at her high school.**

**Youth** - I never excelled in school because I didn't care to try and using was more important. Today I'm going into college to enter the profession I've always wanted to do because of Brentwood.

After parents and family the school has the most impact upon the developing child every opportunity is taken to ensure that the adolescent is able to continue with their respective schools and participate in the curriculum as offered by the schools taught through on-site tutors in our purpose-built classroom.

**Parent** - It helps to know there are a lot of us. I'm not the only family going through these hard times. When I leave here, I have more confidence in myself as a parent.

**Of the 35 youth that completed the 21 day program, 32 moved on to longer term programs. Of the 32 that moved on, 27 (84%) completed programs with a mean average of 89.2 days.**

The importance of a local solution cannot be minimized. Graduates from the program are expected to have ongoing attendance at Brentwood as part of their continuing care. This activity is encouraged so as to help with the transition into a recovery lifestyle. Ongoing support groups are in place for as long as the family requests help (at no cost to the family or youth).

**Youth** - Brentwood has helped me learn how to live a meaningful life today and have hope because of Brentwood staff and the other women on program.

**Six graduates have been accepted into post-secondary programs for the next academic year.**



**Youth** - I've been sober for a year and a half. Within that time I've changed from a homeless junkie to completing high school, getting my family back and I am now an apprentice for heating and cooling.

## STAFFING

Brentwood Recovery Home BRH has professional staff consisting of two Masters of Social Work (MSW), Physician, Nurse Practitioner, three Registered Practical Nurses (RPN) with CACII, one Nurse Practitioner, a Doctorate of Education, an MA in Psychology, ten Certified Addiction Counsellors (CACII) as well as qualified office personnel and maintenance workers. In addition, BRH is a consultative and collaborative culture utilizing other agencies in the professional community including intern placements from Colleges and Universities.

**Parent** - The parent group gives me a place to freely voice my worries and concerns without judgment. There is nothing like a sense of community to help during a time of struggle. It has helped me to understand what part to play in my son's addiction and what I can do to help myself (not just my son). Brentwood has given my son a foundation for recovery, a place to go and a family that understands. Brentwood has saved my son's life and our family without it I am not sure where we would be.

## ADMINISTRATION OF PLAN

Brentwood Recovery Home's Board of Directors allocates a specific amount of funds from fund raising and donations toward services for adolescents with substance abuse problems. Also, if available, the Erie St. Clair LHIN funded 21-day program helps fund a portion of adolescent beds and costs of implementing the Adolescent program. Funding and fund raising is essential in order to continue and expand the BRH Adolescent program. Ultimately, fund raising drives the services. The adolescent experiencing problems with substance abuse and behavior problems and their families are the recipients of BRH services. Therefore having active alumni enables BRH to continue to offer its services.

**Youth** - Brentwood helped me get back into school and complete my grade 12 education.

## ELIGIBILITY

Eligible persons must be diagnosed as having a substance abuse problem and who consistently lack self-control as to the use of chemical substances to be accepted into the ministry funded 21-day program. Others may be accepted into the 90-day long term program funded by the annual lottery, and other fund raising activities and donations. Persons who have family covered insurances are admitted into the recovery programs as well.



**Youth** - I was always too shy or too awkward. After being in Brentwood, I feel my life has improved. I know how to keep people in my life, how to stay positive and keep myself busy from doing other things I know I shouldn't.

### ADMISSION CRITERIA POLICY

Applicants shall be admitted provided adherence to BRH Admissions Criteria Policy:

- 1) Recognize they have problems related to the abuse of alcohol/drug or other acting out behavior
- 2) Agree to the rules of BRH and have a desire for an abstinence life style.
- 3) Make an agreement to participate in the program and work towards improvements of lifestyle
- 4) BRH reserves the right to refuse admission to any applicant who is likely to be disruptive to the house and/or does not meet the criteria necessary for the program
- 5) Ability to undergo chemical withdrawal
- 6) Stable medical or psychiatric problems
- 7) Sufficiently developed interpersonal and daily living skills to permit a satisfactory level of functioning
- 8) Once admitted person must be expected to attend all group meetings and functions
- 9) Must assume responsibility for participation in all group activities
- 10) Assume the responsibility for holding strictly confidential any knowledge gained about another member. Nothing that is said during a session may be repeated to anyone outside the group.

**Parent-** The support from the parents, staff and alumni has been awesome. It's nice to know you're issues and fears are not alone.

### TERMINATION CRITERIA POLICY

- 1) A staff member retains the right to remove a person from the group, should he or she believes that the client is being disruptive, non-compliant, or refusing to participate.
- 2) Violent behavior, real or perceived, directed towards self or others while in the treatment group, or similar behavior outside the group.
- 3) Refusal to satisfactorily complete group assignments, or participate in designated treatment activities.
- 4) Mental or emotional problems which would render the resident unable to benefit from or take part treatment sessions



5) Any other inappropriate, disruptive, or noncompliant behavior as determined by staff.

### INTAKE AND ASSESSMENT

Each client will complete:

- 1) A client assessment package which includes:
  - a) Basis 32 (Behavior and Symptom Identification Scale)
  - b) DTCQ-8 for alcohol
  - c) DTCQ-8 for drugs
  - d) Perceived Social Support Questionnaire
  - e) Socrates 8A (Personal Drinking Questionnaire)
  - f) Socrates 8D (Personal Drug Questionnaire)
  - g) Treatment Entry Questionnaire
  - H) Admission interview
  - i) Program Intake Form
  - j) Authorization for Release of Patient Information
  - k) Parental Consent Form for live in and/or commute
  - l) Waiver, Release and Indemnity form
  - m) Adolescent Substance Abuse Subtle Screening Inventory (SASSI-A2)

**Parent** – (My daughter) entering and completing Brentwood has given us our daughter back. She is now able to be a part of our family without expressing anger all the time. We are better able to communicate our feelings to each other. She completed high school and will be attending St. Clair College's Social Worker program in September. She got herself a job at McDonalds which she never would have been able to not only get but keep and thrive. She got a promotion. After going to numerous agencies throughout Windsor, it was Brentwood that set her on the path of success.

Thank you to the all the staff that helped prepare this material.

Special thanks to our volunteers Michele Gnanamuttu MSW RSW PHD (ABD) & Brittany Bondy (Student Placement St. Clair College.

Program information presented from when the pilot program started from January 2012- June 2013