

Frequently Asked Questions

Where is The Grace Centre located?

The Grace Centre is located on 50 Lady Lake Road, Harbour Grace.

Who can receive services at this facility?

This facility provides treatment to men and women aged 18 years and over who are residents of Newfoundland and Labrador and have addictions issues that may also involve medical/psychiatric conditions that are stable, but may require monitoring. The adults who stay at The Grace Centre will come from a wide variety of backgrounds and struggle with an array of addictions issues. Some may have a combination of mental health issues such as depression along with a chemical dependency. All clients attending this facility must be physically able to participate in an intensive treatment program and group based programming.

Most adults referred to this facility would have already received addictions services in the community. However, due to the severity of their addiction, they require more intensive treatment to achieve their goals. The following individuals cannot be admitted to The Grace Centre: acutely suicidal or psychiatrically unstable clients; those with dementia or delirium; a head injury client with significant impairment; those with a gambling or sexual addiction only; and court ordered individuals.

What is the referral process for The Grace Centre?

Referrals for admission are required from qualified health professionals.

Referrals must be forwarded to our provincial intake coordinator who will process adult referrals for both The Grace Centre and the Humberwood Centre in Corner Brook. This one point entry will provide a seamless referral process and ensure that the client is matched with the centre which will best service to meet their needs. The application process requires a completed Referral Application Form and a Medical Assessment Form. Both documents must be completed in full and forwarded to the following address:

Intake Coordinator
P.O. Box 2005
35 Boones Road
Corner Brook, NL
A2H 6J7

What does the program at The Grace Centre entail?

The program offered is a 28 day treatment service that is holistic in nature and addresses the individual's physical, social, psychological and spiritual needs through individual, group and family counselling. An extended stay beyond the 28 days may be available for those who are assessed as requiring it.

The centre provides a safe environment for clients, providing structure and routine, as well as educational and therapeutic services. The program developed entails psychoeducational, therapeutic

and recreational groups with individual follow-up based on client's need. The program was developed under the concepts of Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Motivational Interviewing, and Contingency Management.

The overall goal of the program is to help clients reduce the risk of relapse and manage their recovery by achieving healthy, balanced lifestyles.

Will I be able to find out information regarding my loved one while they are in treatment?

Our program offers a half-day session for family members or significant others. We encourage families to be part of their loved ones journey. However, to protect our client's right to confidentiality, we are unable to release any information on you loved ones' progress, or status, without prior written consent. Please understand if we are unable to provide information when you call or inquire about your loved one.

Will there be any changes made to my current medication(s)?

During your assessment upon admission, our NP will review all of your medications, and will make any necessary changes, with the goal of improving your chances for a successful recovery. This may include *increasing, holding, or discontinuing* medications. Medications such as sleeping pills (e.g., Zopiclone), benzodiazepines (e.g., Ativan, clonazepam, valium, temazepam, etc.) can negatively impact your chances for a successful recovery. As per the best practice benzodiazepine withdrawal guidelines, during your treatment, these medications will be tapered, and where possible, discontinued. Our NP will work closely with you in safely detoxing from these medications.

How is the program structured at the Grace Centre?

At the Grace Centre you will engage in our group-based programming. This programming includes group therapy, discussion groups, skill-building groups, and psychoeducational groups.

Will I receive follow-up care after completing this treatment program?

After completing the treatment program at The Grace Centre, a thorough discharge and aftercare program will be set up for you which may include ongoing outpatient counselling and/or group therapy, self-help groups and /or other community support services. Collaboration with community based services is a key for the success of your aftercare program.

Am I required to remain at the centre for the duration of the program?

During your stay, you are required to remain in the Centre throughout the first week of programming. This is for your safety, to help you adjust to the treatment environment, and to minimize outside distractions. Please ensure you have everything you need for this period of time.

Am I allowed visitors?

Visiting is only permitted at designated hours, outside of group programming hours, in a designated area of the centre.

Can I use electronic devices while at the Grace Centre?

Cell phones, tablets, DVD players, computers, electronic games, and cameras must be turned over to security upon admission. These devices will be returned at designated times.

What are the smoking guidelines at the Grace Centre?

The Grace Centre has a smoke-free environment. Smoking is not permitted on the grounds of the centre; smoking on the centre grounds will result in discharge from the program. Smoking is only permitted at designated times, in a designated area.

What should I bring/not bring to the Grace Centre?

What *to* bring:

- MCP card or number
- A piece of photo identification
- Drug card
- Enough clothing for your stay (weather depending)
- Active wear (including sneakers)
- Sleepwear
- Personal toiletries (shampoo, toothbrush, sanitary napkins, etc.)
- All current medications that you are taking (please ensure they are in original packaging)
- Small amount of money for personal expenses and in-town transportation costs
- Phone card for long distance calls

What *not* to bring:

- Alcohol, non-prescribed, or illicit drugs
- Energy drinks and meal supplements (such as protein powders/bars and Boost)
- Personal bedding and towels (including pillows, stuffed animals, etc.)
- Scented products
- Products containing alcohol (i.e. mouthwash)
- Glass items
- Cords
- E-cigarettes and vapor products
- Fresh foods
- Large amounts of money or valuable items
- Gambling items
- Sharp objects