

Business & Industry Clinic Treatment Program

Important Information to Consider When Applying for Treatment

This document was prepared to help referral agents prepare their clients for their stay at the Business & Industry Clinic. Please feel free to review this information with your client so they know what to expect. Clients can also be referred to the photo gallery of the Northern Addictions Centre (<http://www.albertahealthservices.ca/4704.asp>) and will be provided with a list of “Things to Bring” prior to attending. <http://www.albertahealthservices.ca/ps-1026805-2010-10-what-to-bring.pdf>

- The Clinic’s treatment goal is abstinence from alcohol and other drugs. The 12-Step recovery process addresses alcoholism and chemical dependency as a disease.
- The Clinic programming occurs seven days a week; is structured and intense. Clients are required to be on time for sessions, attend and actively participate in all aspects of the program.
- Programming includes:
 - Information workshops with topic discussion
 - Counsellor facilitated groups
 - Individual case management sessions
 - Attendance at four 12-Step Self Help meetings per week
 - Leisure activities
 - Evening relaxation sessions
 - Family program
 - Graduation
- The client will be assigned reading and written work, and they need to complete assignments in the evening so they are ready for sessions the following day.
- Group counselling requires active participation such as sharing personal issues, as well as receiving and giving constructive feedback. Is the client open to feedback, being challenged by group members, and are they willing and able to share personal issues?
- Other important considerations include:
 - Clients are required to have 5 days free from alcohol and drugs that are not prescribed by a physician. All clients are subject to an assessment by a nurse. If this is a challenge, please make arrangements with the Admissions Counsellors for additional detox time prior to the treatment start date.
 - The Alcohol and Drug program includes two days in detox for assessment and orientation.
 - The Cocaine program includes five days in detox for assessment, orientation, and programming prior to moving to the residential treatment room.

- Treatment rooms consist of two and four bed dorms.
- “Quiet time” begins at 11:00pm.
- Clients are required to do light chores, and keep dorm rooms and other common areas neat and tidy.
- We are a smoke-free facility in accordance with Alberta government legislation. Clients may smoke outside in smoke shelters between 5:00am and midnight.
- Clients are encouraged to focus on their recovery program and not focus on outside distractions such as business and outside relationships.
- It is important to note, no cell phones, laptops, e-readers, gaming devices, tablets or musical devices with screens are allowed in the facility.
- Clients are allowed to bring phone cards and use pay phones, and are allowed to do so immediately after the admission process is complete upon arrival.
- Clients are eligible for passes after 2 ½ weeks in treatment, so please prepare them to bring an adequate amount of essential items to last until their pass.
- There is no access to bank machines in the NAC.
- Clients have limited access to their vehicle.
- Conjugal visits are not permitted.
- Respectful communication is expected.
- The Northern Addictions Centre promotes “Scent Awareness.” Because of allergies perfumes, colognes, deodorizer sprays, certain flowers such as lilies, babies’ breath, etc. are not permitted.

Some clients resist the rules listed above and find it too restrictive. It’s important to know that our intent is to keep the Centre safe for all clients, reducing as many triggers and temptations as possible during this period of early recovery.

We also aim to provide an environment where clients can focus on themselves and their recovery and be free from outside distractions.

Please review the client information sheet and share with them our motivation in establishing these rules. If after reviewing this it seems that the Business & Industry Clinic is not the treatment that best suits their needs, Alberta Health Services offers a variety of treatment options.

If you have questions or concerns, please don’t hesitate to call our Admissions Counsellor between 9:00am and 4:30pm at 780-538-6316.