

Key points of the Code of Conduct on the management of withdrawal and rehabilitation in addiction with residential care

This document serves as a reference tool for caseworkers, in conjunction with the *Guide d'accueil - Code de vie, gestion du sevrage et réadaptation en dépendance avec hébergement*.

The Code of Conduct reflects our approach to rehabilitation: **stimulating the commitment and involvement of clients to help them achieve their goals.**

Don't forget to give or send your clients the *Guide d'accueil - Code de vie, gestion du sevrage et réadaptation en dépendance avec hébergement*. This guide is available in several formats: paper, QR code or by email.

Winning conditions to help clients achieve their objectives during their stay

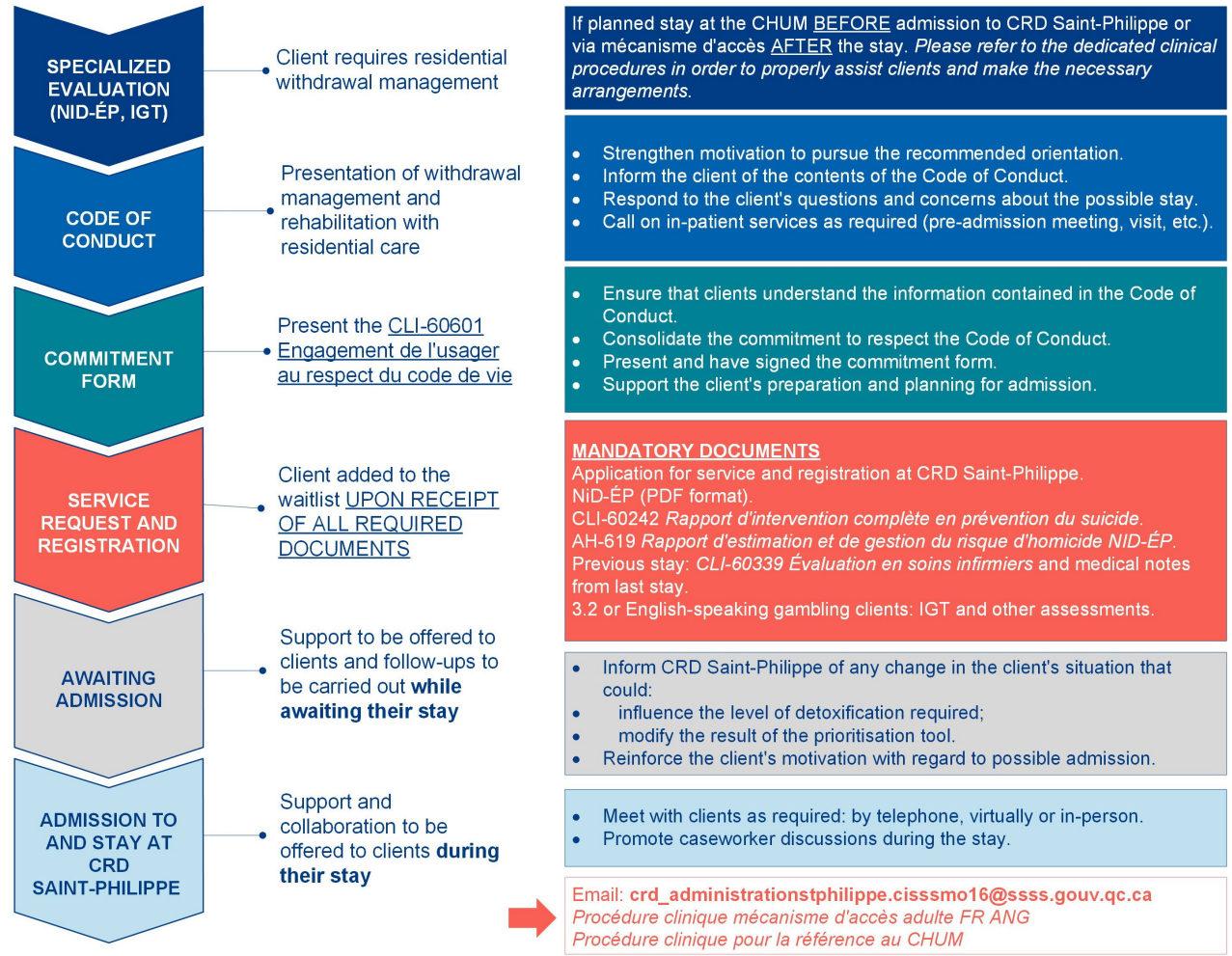
- Be honest and show tolerance, openness and non-judgement towards yourself and others.
- Take your treatment seriously and make the necessary effort.
- Take an active part in group activities, meetings, tasks and community life in general.
- Encourage a positive atmosphere and good fellowship within the group.
- Stay focused on your personal goals.
- Keep to the schedule and be punctual.

5 rules to follow

1. Mutual respect.
2. No use of alcohol, drugs or gambling.
3. Prohibition of all forms of violence.
4. No intimate or sexual relations.
5. No theft or vandalism.

Any breach of these rules may result in the termination of the stay.

PROCESS - Preparation steps for a stay at CRD Saint-Philippe



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| References: Guide d'accueil - Code de vie, gestion du sevrage et réadaptation en dépendance avec hébergement | | | |
| Associated clinical tools: | CLI-60601_Engagement de l'utilisateur au respect du code de vie - CRD | Effective date: | 2024-10-10 |
| Written by: Nancy Corriveau, SAC en dépendance et troubles concomitants | Approved by: Julie Bélanger, cheffe de service – Santé mentale et hébergement en dépendance | Revised: | N/A |
| PRA-DPSMD-10004A | Issuing department: Direction des programmes Santé mentale et Dépendance | | |

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| Overview | Luggage preparation |
| <ul style="list-style-type: none"> Bilingual environment Telephone available on site (calls are regulated in terms of duration and frequency) No visitors allowed during the stay All meals are taken as a group in the dining room A daily shower or bath is recommended (allotted time: 30 minutes) Curfew from 10:30 p.m. to 6 a.m. The use of natural products without a prescription is prohibited | <ul style="list-style-type: none"> Provide the list of items to bring (see detailed list in the Code of Conduct) Clothes, hygiene products, pocket money, RAMQ card, clear bottle of water Inform the client of restricted items (kept under lock and key): electronic tablet, computer and accessories, smart watch, audio-video device, game console, razor, razor blades, nail polish remover, mouthwash containing alcohol, musical instrument, etc. Inform clients of prohibited items: animals, sharp objects, bladed and blunt weapons, drugs and drug paraphernalia, mouthwash containing alcohol, THC vaporiser, etc. |
| Objectives of withdrawal management and residential rehabilitation | Non-smoking environment |
| <ul style="list-style-type: none"> Ensure that the client clearly understands the objectives of the stay Complete withdrawal safely Stabilise physical and psychological conditions Monitor the cessation of consumption Initiate the implementation of strategies to support the change process Plan a safe return to the home environment | <ul style="list-style-type: none"> No smoking during curfew hours The smoking area is located in the outside courtyard It is forbidden to sit in the smoking area Authorised smoking products must be brought in sufficient quantities (minimum for 4 days) Cigarettes Vaporiser and e-liquid or capsules for vaporiser (sealed and new products) |
| Composition of the team | Activities in the program |
| <p>Each member of the team contributes, in their own way, to supporting clients throughout their withdrawal management and residential rehabilitation stay:</p> <ul style="list-style-type: none"> Psychosocial workers: human relations agents, educators and clinical activity specialists Nursing staff: clinical nurses, assistants to the immediate superior, nursing assistants and nurses Support staff: maintenance workers, night watchmen, cooks Administrative staff: administrative agents, managers and PRECs (clinical resource persons) | <p>To help you achieve your goals, you must take part in the following activities:</p> <ul style="list-style-type: none"> Themed group workshops (emotion management, distress tolerance, managing cravings, etc.) Outdoor walking (exemption for people whose physical condition does not permit it) Health capsules (smoking, weaning, vaccinations, etc.) Socio-recreational activities Personal work Relaxation/wellness sessions Family or couple meetings can be arranged |
| Medication | Client commitment to respect the Code of Conduct (CLI-60601) |
| <ul style="list-style-type: none"> Medication is managed by the establishment. A pharmacy service is offered to all clients admitted to residential care for addiction. | <ul style="list-style-type: none"> This form is presented to clients and signed by them before they are placed on the waitlist for the withdrawal management service. It is important to ensure that the client has given their informed consent. |

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