

Steele Street Treatment and Rehabilitation Residence

Program Overview

Welcome to the Steele Street Treatment and Rehabilitation residence, offered through the Mental Health Care Program at St. Joseph's Health Care London. We look forward to helping our residents work on their recovery journey for the duration of their stay. Our residents play an important role in helping to run and maintain the home through participation in the following:

- Meal planning and preparation
- House cleaning
- Time management

In addition, our residents have the opportunity to participate in daily and weekly scheduled activities and education sessions designed to promote healthy lifestyle routines and overall wellness.

The Steele Street residence is staffed 24 hours per day by an interdisciplinary team of professionals including an occupational therapist, therapeutic recreation specialist, and nursing staff. The program emphasizes a home-like environment in which therapeutic relationships are developed and individual choice is encouraged. The values and principles of the psychosocial rehabilitation philosophy guide program development and operation. The Steele Street residence is not just a place to live, but rather a community based treatment and rehabilitation program providing specialized services to people with highly complex mental health care needs.

Residence Guidelines

- Steele Street is an alcohol and illicit drug free environment. Residents are expected to abstain from alcohol and illicit drug use for the duration of their stay within the Steele Street program. This includes possession of drugs and alcohol within the Steele Street residence or returning to the residence under the influence of drugs and/or alcohol. If staff has reasonable cause to believe a resident has used drugs or alcohol, the resident will be asked to meet with staff immediately to discuss concerns.
- No weapons that are considered dangerous or promote violence are allowed within the Steele Street residence.
- Violence or threats of violence will not be tolerated. Threats of violence include any behaviour or statements that make staff or other residents feel reasonably uncomfortable or unsafe by virtue of its occurrence. This includes, but is not limited to, any aggressive action toward staff and other residents, yelling toward staff and other residents, uttering threats towards staff and other residents, and any behaviour that jeopardizes the health or safety of staff or other residents.
- Residents must return to Steele Street by 10 pm curfew unless otherwise arranged in advance with staff. Lights out bedtime is 11 pm on weekdays (Sunday – Thursday) and midnight on weekends (Friday and Saturday).

Rent and Other Expenses

- \$489.00 per month for rent- payable to CMHA
- \$30.00 per month for group meals and cleaning supplies
- \$250.00 per month (approximate) for grocery expenses

Program Expectations

Exact length of stay for each resident is determined on an individual basis, however is limited to a maximum of two years.

While living at Steele Street, each resident is expected to:

- Participate in chores on a twice weekly basis
- Share a room with one other resident
- Maintain care of their own bedroom area
- Participate in regular residents' meetings
- Participate in rehabilitation plan aimed at developing the skills needed to reach their overall rehab goals
- Observe guidelines set out in the lease agreement
- Attend house programs unless engaged in approved employment, education or volunteer opportunities
- Complete independent grocery shopping
- Participate in group meal program once per week
- Complete morning or evening kitchen clean up approximately twice per week on a rotating basis.

***Note:** On referral to Steele Street, clients may not have to have all the skills necessary to engage in all of the above activities but must express/demonstrate initiative and desire to develop the necessary skills.

Co-operative Living and Behavioural Expectations

- Respectful behaviour and communication with staff, residents and visitors is expected at all times. Confidentiality of other residents and staff must be respected at all times.
- Candles, incense and other open flames are not allowed. Special arrangements can be made for smudging or other ceremonial events.
- Steele Street is a non-smoking facility. There is a designated smoking area outside of the residence.
- Residents must ensure that they are dressed appropriately at all times. Shoes or slippers must be worn at all times in common areas.
- Television in common areas are for everyone's enjoyment. Offensive material will not be tolerated. Televisions cannot be used during program times, and must be turned off at 11 pm on weeknights and midnight on weekends.
- Residents must let staff know when they are leaving the home for any reason.
- Rehabilitation progress is reviewed weekly for each resident by team members during regular meetings to ensure staff can monitor progress and assist residents in meeting rehabilitation goals.
- Transportation to/from scheduled programs is provided by Steele Street staff. Individualized transportation plans are developed for each resident for transportation needs beyond scheduled program activities, which will emphasize and encourage independence and use of community resources.

Meals

- Residents are responsible for preparing their own meals and snacks, and cleaning up after themselves. Support can be made available to learn and enhance these skills.
- Assistance is available to individualize meal planning for each resident's skill level and budget
- Group cooking sessions are available once per week.
- Residents are responsible for washing meal prep items (i.e. pots/pans) and for rinsing dishes and putting them in the dishwasher immediately after use. Residents take turns running and unloading the dishwashers as part of program expectations.

Visitors

- Residents are responsible for their visitors and must remain with them at all times during their visits.
- Individuals under the age of 18 are not permitted on the property without prior approval by the program coordinator.
- Visitors who appear to be under the influence of substances will be asked to leave, in order to maintain the safety of the residents.
- Visitors are not allowed on the upper level of the home.

Medication Expectations

- Each resident's wellness plan will include taking all medication as prescribed by their physician.
- Residents must not take medication in a manner that is not prescribed by a physician. Residents who wish to alter their medication profile will require a change by a physician. Please discuss medication concerns with staff.
- Medication will be kept in a locked cabinet in the staff office and will be available at the scheduled times. All residents are responsible for signing for their medication.
- Residents who fail to take their prescribed medications will be required to engage in problem solving with the treatment team and their prescribing physician.

Emergency Exits

In the event of an emergency:

- First person to notice a fire will sound the alarm.
- Immediately exit the residence and meet at the end of the driveway for safety.

For residents who are not able to follow the expectations of the Steele Street Program and residency agreement, the following may result:

- Discussion and problem solving with treatment team
- Verbal warning
- Residents may be required to pay for damages to property
- Eviction from the residence

Clients who are visiting Steele Street on a day pass must:

- Have a referral on file at Steele Street
- Be accompanied by a list of their current medications with dosages and times

- Have necessary medications with them
- Bring meals and snacks for the day
- Have indoor shoes (seasonal/weather dependent)
- Have a plan of activities for the day

Clients who are visiting Steele Street on an overnight pass or a 2-3 day Leave of Absence must be accompanied by:

- Updated medication list (if applicable)
- Updated Plan of Care
- Pharmacy medications including a supply of PRN medications
- Bring groceries/meal items sufficient for the length of pass
- Change of clothing and pajamas
- Toiletries
- Towels

***Additional items for Forensic Clients**

- Current Relapse Prevention Plan
- Form 49
- Reasons for Disposition
- Current Disposition
- Abscondment Risk Summary
- Disposition Guidelines
- Approved Persons Documentation
- Report of the Hospital to the Ontario Review Board

Prior to moving to Steele Street, clients must have the following:

- Confirmation of finances (ex. ODSP for rent and drug coverage, Section 8 if applicable, etc.)
- Signed Lease Agreement with CMHA housing specialist Bob Dhillon: 519-633-1781 ext. 136
Email: BobD@cmhaelgin.ca
- Bank account
- Personal health care equipment (glucometer, lancets, inhaler, Epi-pen, etc.)
- Valid Health Card
- Community Family Doctor
- ID (SIN, Birth Certificate)

List of items residents will need when moving to 37 Steele Street

- Alarm clock
- Set of twin bed sheets
- Duvet/comforter for twin bed
- Pillow
- Towels/facecloth
- Rubber/plastic mattress cover
- Laundry basket
- Night clothes: pajamas, housecoat, slippers
- Clothes hangers
- Toiletries: soap, shampoo, toothpaste, toothbrush, deodorant, brush, etc.
- Indoor shoes

Other items which may be considered for comfort include

- Table lamp
- Storage containers for extra clothes/belongings
- Fan or heater (CSA approved)

*Please note storage space is limited at Steele Street. If residents have more items that can be contained in their room they will need to consider renting a storage space.

Regarding transportation during client visits:

Transportation can be arranged on a case by case basis. If coming from the hospital, clients can arrange to use the hospital van for transportation to and from Steele Street.

For any further information regarding Steele Street Treatment and Rehabilitation Residence please contact staff at 519 631-3911