

## **Maverick Supportive Recovery (MSR) - Program Overview**

The Maverick Supportive Recovery and Career Development Program is operated by the ASK Wellness Society, located in the Maverick Manor building. This three-phase program will provide substance use treatment, relapse prevention planning, life skills, access to an Addiction Specialist, peer coaching, and career development opportunities.

### **PHASE ONE – Support Through Early Recovery**

Phase One of the MSR program is approximately 90 days and includes a rigorous weekly calendar. Being the first stage of programming, it is expected that participants will be in early stages of recovery and will benefit from the structure and accountability provided at the Maverick. Participants will meet weekly with the Drug and Alcohol Counsellor to establish a detailed Personal Service Plan (PSP), start relapse prevention strategies, and attend the Daily Addiction Relapse Prevention (DARP) meeting offered through Interior Health.

#### **Criteria**

- Individuals must be 18 and older, wanting to abstain from drugs and alcohol while actively working on their recovery and relapse prevention planning.
- Participants must have at least five days of sobriety (referrals from detox are welcomed) and must be able to actively participate in group programming, as well as Drug and Alcohol counselling.
- This is a voluntary program.
- Individuals must be capable of independent living.

#### **What is Offered**

- An intensive individualized schedule will be provided to each participant, and all mandatory programming is to be attended. This schedule will include the Daily Addiction Recovery Program (DARP), which is provided by Interior Health.
- The schedule will also include ASK Wellness Society facilitated group programming, life skills workshops, and group activities, as well as 12 Step, SMART Recovery, and Life Ring meetings.
- Participants will attend at least one session a week with the Drug and Alcohol Counsellor on site.
- The program includes three meals per day for the duration of the first phase.
- An Addictions Specialist will be onsite once per week, as needed.
- The Maverick is staffed seven days a week from 8:00am to 12:00am. During this time, all participants will have access to recovery support and crisis management, if needed.
- All program units have their own bathroom, kitchenette, and TV with basic cable. Necessities are provided, which includes towels, dishes, and bedding.
- No personal furniture will be permitted during Phase One. Only small personal affects, hygiene products, and clothing will be permitted.

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### **Program Fee**

- Participants in Phase One will be charged a per diem rate of \$35.90 per day. If individuals are receiving Basic Income Assistance, they will receive \$90 per month as their comfort allowance. If a participant is on Assistance or PWD, billing for the program fee will go directly through the Ministry of Social Development and Poverty Reduction.

**See FAQ page 4**

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### **PHASE TWO – Stabilization and Transition**

Participants who have successfully completed the Phase One of the MSR will have the option to transition into Phase Two of the program, the Adult Addiction Supportive Housing Program (AASH). This will then extend a participant's stay for approximately 90 days. This will create a continuum of care and recovery support at the Maverick.

This stage of the MSR involves less structured activities but will still include mandatory group programming. It is expected that individuals will remain active in their recovery and become involved in peer support activities that will be offered. This stage will also give participants the opportunity to work with onsite Life Skills workers and Peer Support staff on their Personal Service Plan and goals regarding housing, employment and/or educational upgrading.

#### **Criteria**

- Participants who have successfully completed the first phase of the MSR program and continue to need recovery support.
- Individuals continuing to live in abstinence, as well as contributing to the recovery environment at the Maverick.

#### **What is Offered**

- A weekly schedule will be provided to each participant, and it is expected that all mandatory programming will be attended.
- This schedule will include ASK Wellness Society facilitated programming, group check-ins, as well as 12 Step, SMART Recovery, and Life Ring meetings.
- Participants will have access to Life Skills workers, Peer Recovery Coaches, and other onsite professionals to create their Personal Wellness Plan.
- Second phase participants will be responsible for their own meals, with one optional dinner per week being provided by staff and resident volunteers.
- The Maverick is staffed seven days per week from 8:00am to 12:00am. During this time, all participants have access to recovery support and crisis management, if needed.
- Participants will have access to Interior Health's Mental Health and Substance Use office for continued counselling, groups, and psychiatric services.
- A General Practitioner/Addictions Specialist will be onsite once per week.
- All program units have their own bathroom, kitchenette, and TV with basic cable. Necessities will be provided, including, towels, dishes, and bedding.

#### **Program Fee**

- Participants will pay \$500 per month for the duration of the second phase.
- Participants will be required to prepare their own meals and attend weekly lunches/dinners as per their personalized schedule.
- If a participant is on Assistance or PWD, billing for the program fee will go directly through the Ministry of Social Development and Poverty Reduction.
- A \$375 damage deposit will also be required prior to starting the second phase.

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### **PHASE THREE – Work Experience and Transition to Independent Living**

Phase Three will be offered to participants who have successfully completed the first and second phase of the MSR. If participants choose to remain at the Maverick, they will take part in the career development/work experience aspect of the program. Individuals must remain abstinent from substances for the duration of this final phase, except for prescribed medications. The final phase of the MSR can continue for a maximum of four months if the individual chooses to continue with their career development plan, meets regularly with staff, and participates in the Maverick community.

#### **Criteria**

- Participants who have successfully completed the second phase of the MSR program.
- Individuals continuing to live in abstinence and wanting support with their career development/work experience.
- People who require additional supportive recovery services.

#### **Program Fee**

- Program fee is \$550.00.
- If a participant is on Assistance or PWD, billing for the program fee will go directly through the Ministry of Social Development and Poverty Reduction.

#### **What is Offered**

- Transition planning, as supported through their Personal Service Plan.
- Recovery and life skills.
- Participants will continue to have access to Peer Support and Cultural Support workers onsite at the Maverick.
- Phase Three participants will be responsible for their own meals, with one optional dinner per week being provided by staff and resident volunteers.
- The Maverick is staffed seven days per week from 8:00am to 12:00am. During this time, all participants have access to recovery support and crisis management, if needed.
- Access to the General Practitioner/Addictions Specialist.
- Transition services to independent living and 'Follow Along' support for three months in community, as needed.

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### Frequently Asked Questions:

<b>Can I have visitors?</b>	During Covid we do not permit any visitors, per the Health Authority. Program Participants are not permitted in other participants' units.
<b>Can I bring my personal furniture?</b>	The size of each unit does not permit extra furniture. A queen-sized bed, dresser, desk, and kitchenette are provided. This includes linens, towels, and cooking equipment.
<b>Am I allowed to travel?</b>	For the first three months, travel is not permitted unless it is an emergency. An itinerary and safety plan will be completed with staff prior to leaving the Maverick site.
<b>Is there a curfew?</b>	Yes, there is a 10 PM curfew for Phases One and Two.
<b>What is DARP?</b>	The Daily Addiction Recovery Program operates five days per week, with 1.5-hour educational sessions facilitated via telephone conference. Every week, the facilitator will review material on 10 different topics. Some topic examples include Relapse Prevention, Setting Healthy Boundaries, and Mood Management. Participation in this group is mandatory. All other appointments must be scheduled around DARP.
<b>After Phase One, do I have to complete Phase Two or can I transition into the final phase?</b>	All participants are encouraged to complete the two phases of programming in order to maximize the support provided and to prepare for community transition. This will be determined on a case-by-case basis.
<b>Do I have to pay for cable/utilities?</b>	All utilities are covered by the program fee. Basic cable is provided but residents must set up their own Wi-Fi, if needed.
<b>Can I have my cell phone?</b>	At the beginning of Phase One, program participants are under certain restrictions which will be lifted according to progress in recovery. Restrictions include, but are not limited to, no cell phone access (unless supervised by staff) and no leaving property (unless accompanied by staff or pre-approved peer).