

New Roads

Therapeutic Recovery Community



Welcome to New Roads

Welcome to the New Roads Therapeutic Recovery Community. We recognize that this may be a very challenging time, and we are here to support your recovery. We will provide the services and resources in order to support your success, but your commitment and engagement is essential.

New Roads is an integrated addictions centre that provides supports in many areas. We have ongoing therapeutic and medical supports as well as employment, educational, work experience and transitional supports. We provide an opportunity for residents to live within a collaborative and supportive community that encourages each community member to participate and take accountability for both their individual and the community's wellness.

This booklet will provide you with information that can assist you in getting the most out of your stay at New Roads. Please review the booklet as there is a great deal of information, and if you have questions please ask them.

Cheryl Diebel
Director
New Roads Therapeutic Recovery
Community



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Program

New Roads operates a long-term residential daily structured program. In order to achieve the best outcome, residents are required to participate in all aspects of the program.

Parts of the program include:

- Therapy sessions
- Recreation activities
- Relaxation groups
- Educational groups
- Daily community assignments
- In-house 12 step meetings and SMART Recovery Program
- Relapse prevention discussions
- Community/resident meetings
- Individualized recovery programs
- Work as Therapy
- And much more

These intensive treatment program opportunities are offered as tools to assist you in achieving your overall recovery goals and objectives. Our staff will assist you to develop an individualized recovery plan.





Program

Residential Treatment

New Roads provides a 9-24 month residential treatment centre for men 19+ to recover from substance misuse. New Roads is located in a setting that allows residents to disconnect from networks of drug-using friends and to relate to new drug-free peers.

The New Roads Therapeutic Recovery Community

The New Roads environment has many common areas for holding group activities and promoting a sense of community. These areas include the healing garden, dining room, recreation and group areas.

Program Activities

Recovery and educational services take place in the context of the peer community. Virtually all activities occur in groups or meetings where residents can interact and learn from one another.

Group activities include:

- Daily meals prepared, served, and shared by all residents
- Daily group meetings and seminars
- Organized recreational activities

Staff as Community Members

Each staff member is a part of the recovery community. He or she is a steward of and elder in this community and helps residents use the program.

Staff members function as:

- Consistent and trustworthy rational authorities
- Role models, facilitators, and guides in the community-as-method approach, and the self-help and mutual self-help learning processes.
- Staff provide residents direction to support their recovery.

Program Information

Peers as Role Models

Senior residents are expected to demonstrate the desired behaviours that reflect the values and teachings of recovery. They serve as role models for new and junior residents.

- The strength and integrity of the community as an arena for social learning depend on the number and wellness of its peer role models.
- Residents serve in leadership and teaching roles in the community.

A Structured Day

- Each day has a schedule of recovery and educational activities with prescribed formats, fixed times, and routine procedures.
- Order, routine and a schedule counter the characteristically disordered lives of residents and leave little time for negative thinking and boredom — factors that often contribute to relapse.

Stages of the Program

- The recovery program is organized into four major stages (orientation, primary recovery, early re-entry and re-entry) and phases of recovery that reflect a developmental view of the change process.
- The program stages and phases of recovery allow for individual goals to be established and gradual learning to take place.

Work as Therapy and Education

- Consistent with the recovery self-help approach, all residents are responsible for the daily operation of the Centre, which includes cleaning, meal preparation, maintenance, schedule co-ordination, and meetings.
- Job assignments provide residents with a sense of responsibility and connection with the Centre.
- Jobs provide opportunities for self-examination, personal growth, and skill development.

Instruction and Repetition of Recovery Concepts

- Recovery concepts embody the program's values and belief system, which are antidotes to the values and beliefs of drug and alcoholic subcultures.
- The concepts, messages, and lessons are repeated and reinforced in group sessions, meetings, seminars, and peer conversations, as well as in suggested readings

Awareness Training

- All recovery and educational interventions involve raising residents' consciousness of the effect of their conduct and attitudes on themselves and others.

Emotional Growth Training

- Community residents learn to identify feelings, express them appropriately, and manage them constructively in stressful situations.
- The interpersonal and social demands of living together in the recovery community provide many opportunities to experience this training.



Planned Duration of Recovery

- A period of intense recovery programming is needed to ensure the adoption of recovery teachings.
- The length of time residents must be in the recovery program depends on their progress in achieving individualized behavioural goals in each program stage and phase of recovery.

