



NEXT STEP MINISTRIES

Intake Information Packet

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Next Step Ministries mission is to walk along side women impacted by sexual exploitation, by empowering women to move towards a life of hope and healing, surrounded by a caring community.

Every woman's journey with Next Step Ministries begins in the outreach program, where a case worker will provide ongoing case management and support to prepare a survivor of exploitation for her next steps. For some women this looks like preparing for NSM's housing and day program; and for others this means supportive steps to get into independent living and employment. The case worker will walk along side the participant to collaboratively discover the best fit for her.

If she is wishing to enter day program and housing within Next Step Ministries, the following criteria apply:

- Over the age of 18
- Clean and sober
- Experienced sexual exploitation
- Not on any restricted meds (Please reference last page for further information)

As an agency, we understand the complexities that occur within relapse, trauma, and mental health. Therefore, a survivor will get the support of an outreach case worker to help her succeed in meeting the criteria and feel stabilized enough to enter second stage housing with NSM. Outreach's goal is to meet her where she is at and walk along side her until she finds stability, safety, and community.

Once the participant has met the criteria and walked alongside a case worker to take the needed steps for stability, the outreach case worker will set up an intake day to begin her journey within day program and housing.

To learn more about NSM's housing and Day Program, please reference the Overview of both programs.

To apply, please fill out the pre-admit form online [Next Step Ministries: Pre-Admit Intake Form \(office.com\)](#) or call the outreach lead at 587-434-1381

Housing Overview

Next Step Ministries houses are second stage housing, meaning that they are set up for independent living, and do not have 24-hour staff available. A volunteer live in is present within each house as community support but does not provide professional support.

Upon entering our program, each person signs an agreement that clearly outlines the housing guideline and expectations. The women in our Housing Program are expected to attend classes four days a week in our Day Program. The other three days are open to allow time for appointments and self-care.

To keep all of the women safe, the location of the houses must be kept confidential and those living there are not able to have anyone come to the house. If they are being picked up or dropped off, it cannot be at the house, it must be a few blocks from the house at a designated spot. Those wishing to come to our program need to be aware that for everyone's safety, no exceptions can be made.

Medication Expectations:

It is expected when a woman starts our program that their medication will be in blister packs, and that they will be able to take their own medications as prescribed consistently and independently. We do not have medical staff on site to manage medications. It is strongly recommended that each person will have in place supports for their recovery, and their mental health as we do not have counselling staff on-site in the houses.

Curfews:

The curfew times are as follows:

- First 2 weeks: 7pm-6am every day
- Next 4 weeks: 9pm-6am Sunday-Thursday, 10pm-6am Friday and Saturday
- Duration of stay: 10pm-6am Sunday-Thursday, 12am-6am Friday and Saturday

Accommodations:

Rent for one month is \$400. If a person leaves the program without notice or due to an exit, that month's rent is not refunded. Rent includes all utilities, as well as a few streaming services and Wi-Fi. Also included are basic household items (toilet paper, paper towel, cleaning supplies etc.), and basic kitchen supplies (salt, pepper, Ziploc bags, etc.)

The houses are fully furnished and include shared living space, shared kitchen, shared laundry, and shared bathrooms. Each woman in the house has her own bedroom that has a lock.

Each bedroom includes:

- Twin bed with storage drawers (bedding is provided)
- Nightstand and lamp
- Dresser
- Desk, desk lamp and chair
- Storage shelf
- Laundry basket
- Hangers
- Towels
- Bulletin board

Unfortunately, at this time we are **unable** to accommodate the following situations:

- Women who have children in their care. If they have visitation times with their children, it would need to be at another location as we are not set up for visits to take place in the houses.
- Women who have pets in their care.
- Women who have mobility limitations. The houses are not presently equipped for wheelchair accessibility. Additionally, there are stairs both inside and outside, so it would not be conducive to someone who is unable to safely navigate stairs.

What to bring:

When a woman enters our program, they can bring a reasonable amount of personal items that will fit in a bedroom, but we do not have any additional storage space. If they have a bike, the bike will be kept outside, and they will need to provide their own lock. Each person is expected to keep their bedroom clean, to keep the common areas tidy, and to contribute to the household by doing daily chores and weekly chores as scheduled.

We occasionally have food donated to the women in our program, but they are expected to be able to purchase and transport their own groceries. They also need to provide their own laundry supplies and hygiene items, but if they are waiting for funding, we can provide basic items short-term until they are set up.

Day Program Overview

Participants who reside in NSM Housing are expected to be actively engaged in our Day Program from 9:30am-3:30pm on Monday, Tuesday, Thursday, and Friday. Classes focus on lifestyle recovery developing mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness skills while working on your own individual healing journey. Curriculum is facilitated by our Day Program Staff, Partner Agencies, and NSM Volunteers through a trauma informed lens. Wednesdays are for you to book appointments, work on goals, attend recovery meetings, self-care, household responsibilities, and complete assigned homework.

In addition to attending group classes, you will connect with your assigned Case Worker for additional one-on-one support and accountability in setting short and long-term goals. A trauma-informed counselor is also available on Wednesdays to encourage further healing that is supportive of your recovery journey. When at 90 days sober participants can participate in the Genesis Process, which is a relapse prevention workbook for addictive/compulsive behaviours.

You will complete three phases of programming prior to graduation (Phase 1: Stabilization, Phase 2: Identity Formation, and Phase 3: Empowerment). Each phase consists of measurable outcomes that are expected to be met before a you can transition to the next phase of programming.

Participants are expected to comply with NSM's Code of Conduct, otherwise the result is an exit from our Day Program and Housing.

Drug and Alcohol Testing:

Participants are to abstain from drugs and alcohol during their time with NSM. If staff have reason to believe that a participant is using drugs or alcohol, the participant may be given a Drug Test and/or Breathalyzer Test. Drug and Breathalyzer tests will also be requested on a random basis. Failure to comply will be considered a positive test result. The first positive test result requires the participant to be on break from Day Program and Housing for a Detox period of 5 days and she must follow expectations during this time to return to programming. The second positive test result leads to an immediate exit from the Housing and Day Program.

Prescribed Medication:

Participants are expected to be independent in taking medication as prescribed and to comply with our restricted medication list. If you are prescribed Methadone or Suboxone for daily dosing, Day Program staff and your Live-In will be overseeing the administration of these medications as they will be stored under lock for safety purposes. For accountability reasons, staff/live-in may keep secure and oversee administration for additional medications that are prescribed with consent of the participant on a case-by-case basis. We expect all prescribed medication to be organized in a Bubble Pack by the pharmacy, only medication that is prescribed as needed can remain in a vile.

Classes Offered in NSM Day Program

Nutrition and Cooking	Battlefield of the Mind
Conflict Management	Chosen Series
Co-Dependency	Relapse Prevention
Boundaries	Community Outings
Healthy Relationships	Fitness Classes
Healthy Sexuality	DBT Modules: Mindfulness, Interpersonal effectiveness, distress tolerance, and emotional regulation
Grief Support	Budgeting and Financial Literacy
Love Languages	Microsoft, Excel, PowerPoint
Love Your Body	X-Girls
Creative Classes	Guest Speakers in Recovery
Identity	Equine Therapy
Art Therapy	Volunteering
Tennis	Power of Words
Work Experience Training	Public Speaking

Restricted Medications

Information for Clients and Their Doctors

Clients are not permitted to take the following medications while residing in Sparrow House. If a client is taking a restricted medication, please include a detailed explanation and a doctor's note as to why the client needs to continue medication. Clients taking prescribed medication must be under the care of a physician.

Any medication taken not for its prescribed purpose will be considered an abuse of prescription or nonprescription medication.

Note: Antidepressants and antipsychotics are acceptable

- Benzodiazepines e.g. Valium, Ativan, Rivotril, Serax, etc.
- Sedatives or Sleeping medications e.g. Chloral Hydrate, Zopiclone etc.
- Barbiturates e.g. Phenobarbital, Seconal.
- Barbiturate-like medications e.g. Meprobamate
- Amphetamines e.g. Ritalin, Dexedrine, Benzedrine
- Diet pills
- Energy Pills e.g. caffeine pills, ephedrine etc.
- Antihistamines, Decongestants, Anti-cough medications *
- Gravol
- Narcotics e.g. pain killers with codeine, such as Tylenol #1, 2 & 3
- Opioids such as Kadian
- Muscle relaxants *
- Laxatives, stool softeners, and other bowel care products *
- Medications or mouthwash containing alcohol
- Any Cannabis products or medications containing cannabis natural or synthetic

*On an as needed or PRN basis or for chronic health issues, please discuss with staff on a case by case basis as may need to seek medical direction for unresolved health concerns.

Methadone and Suboxone are approved under medical management.