

Attachment 2

Applicant's Project Summary Letter

Maintain recovery Sober Living Project Summary

In Canada, it is estimated that 1 in 5 Canadians over the age of 15 will experience a substance use disorder in their lifetime (Government of Canada, 2021). Currently B.C is averaging 6.3 deaths a day from drug overdoses (BC coroners service, 2022). By Health Authority (HA), in 2022, the highest number of illicit drug toxicity deaths were in Fraser and Vancouver Coastal Health Authorities (302 and 263 deaths, respectively), making up 60% of all such deaths during this period (BC coroners service, 2022).

Many times, individuals who use substances such as alcohol, marijuana, cocaine, ecstasy, opiates, or methamphetamines may choose to participate in bed-based treatment when beginning their recovery to abstinence. After completing treatment that usually consists of approximately 28-90 days, individuals may not feel ready to move back into community settings and begin independent living (Polcin et al., 2010). Numerous reasons can include a lack of supportive or safe housing, reduced functional skills, or decreased employment readiness. Safe and stable housing is a key component to maintaining individual recovery to reduce episodes of relapse (Mericle et al., 2019). Additionally, a third of individuals who experience substance use entering bed-based treatment report being marginally housed 30 days beforehand (Mericle et al., 2019).

This signifies a need in the market for individuals to have access to continued safe and suitable housing within recovery communities. It can be a challenging time in someone's recovery once they leave the structure of primary bed-based treatment. Transitional living can provide a supportive environment where someone can continue building their recovery capital through developing healthy habits within a recovery community. In response to high demand for treatment and recovery services based on increasing numbers of individuals who use substances in Canada, we are opening sober living housing for men who require this extended service. This facility aims to support individuals recovering from active addiction during a delicate period within early recovery. This includes developing new life habits, coping techniques, and gaining a new social network that is supportive of their recovery to ultimately avoid relapse.

Maintain Recovery's goal is to provide a safe alcohol and drug free supportive living where men ages 19-70 can transition from primary care bed-based treatment to community living. All while continuing to build their recovery capital through weekly group therapy, one on one counseling, and recovery coaching to assist the client's re-entry into the community, school and/or workforce. Other services included are money management and budgeting, family case management, parenting skills, healthy eating development and group recreational activities. This will be a completely drug, alcohol, and smoke free facility, except for prescribed medications from a licensed physician. Minimum stays of approximately 30-90 days, in a facility with 10 beds, with additional per diem counseling and supportive services available per client

or family as needed. Clients are responsible to meet house standards and exhibit behavior that aligns with an atmosphere of recovery. Furthermore, as New Westminster is considered the Recovery capital of Canada, clients will have the ability to develop a solid foundation within a supportive community of their peers.

This facility will be supported by certified, trained, professional staff. Group facilitating and one-on-one addiction counselling will be provided by a clinician. The clinical team will also be available on call after hours for special circumstances or emergencies. In addition, a house manager will oversee client's afterhours and the day-to-day maintenance of the house. Maintain Recovery Sober Living is seeking New Westminster's community support to help us provide evidence based, ethical care to individuals who wish to continue building their recovery capital in a safe and supportive living environment. We understand that providing a continuum of care for clients throughout their transition into the community is essential for long-term recovery from active addiction.

References

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- Government of Canada. (2018). Strengthening Canada's approach to substance use issues. <https://www.canada.ca/en/health-canada/services/substance-use/canadian-drugs-substances-strategy/strengthening-canada-approach-substance-use-issue.html>
- Mericle, A. A., Mahoney, E., Korcha, R., Delucchi, K., & Polcin, D. L. (2019). Sober living house characteristics: A multilevel analyses of factors associated with improved outcomes. *Journal of Substance Abuse Treatment*, 98, 28–38. <https://doi.org/10.1016/j.jsat.2018.12.004>
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