

## Living in Stabilization...

- You will share a room with 1-3 roommates
- You have access to a large fully functioning kitchen with stove, microwave, fridge, and freezer
- You have access to laundry facilities on the floor
- Lounge with cable TV is open to all residents on the floor

## Incarcerated Clients

Individuals who are facing legal action or incarcerated may apply for the Addiction Services programs through their legal counsel or by direct contact with the Addiction Services team.

### Questions?

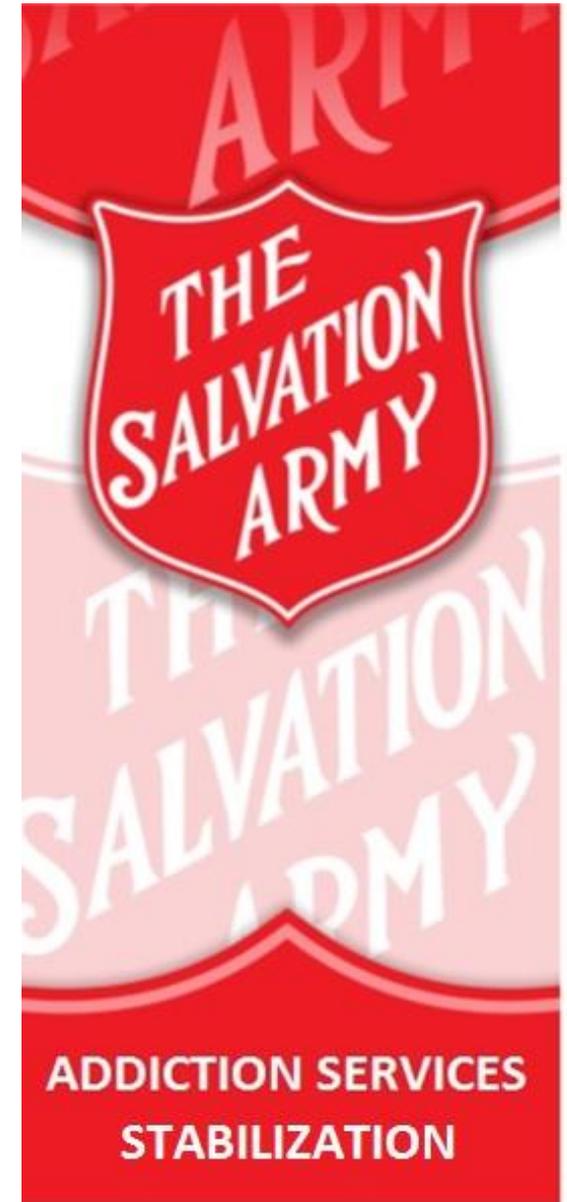
Contact **Gordon Hudson** or **Susan Allaire** today for more information or to get started on your application

**Tel: (613) 241-1573**  
**ext. 306 Gordon Hudson**  
**ext. 407 Susan Allaire**



Giving Hope Today

**OTTAWA BOOTH CENTRE**  
171 George Street  
Ottawa ON K1N 5W5



## What is Stabilization?

Stabilization is a program that helps you prepare for an individualized treatment plan, while you work towards recovery goals. It is located on the 4<sup>th</sup> floor of the Salvation Army Ottawa Booth Centre shelter building, at 171 George St.

While in Stabilization, you will attend daily group programs, and you will meet with your counsellor once a week.

## The Community Reinforcement Approach

The Anchorage program uses the Community Reinforcement Approach (CRA). The CRA approach is based on the idea that people are more likely to be able to maintain the changes they make when they begin to experience the rewards of a recovery lifestyle. This can include:

- Developing positive resources to support your change
- Participating in rewarding social activities
- Strengthening relationships and connection with others
- Discovering your purpose
- Achieving short/long term goals

## Entering Stabilization

Everyone who wants to gain entrance into Stabilization **must first fill out an application**. We are interested in getting to know who you are and how you will benefit from our services!

### Here are the steps for admission into Stabilization:

- **Contact Addictions Services staff for admission information.** Applications can be accessed online at [www.ottawaboothcentre.org](http://www.ottawaboothcentre.org)
- After your application has been reviewed, **we will contact you within a maximum of 14 days to notify you of the results.**
- **MUST BE DRUG AND ALCOHOL FREE FOR 24 HOURS PRIOR TO ENTERING THE PROGRAM**
- You, or your representative (lawyer, probation/parole officer, etc.) will be required to **maintain contact with staff until there is space available for you**
- When a bed is available, staff will contact you or your representative and give you an **intake date**

## Individual Counselling

While in Stabilization, you will meet every week with an addictions counsellor. You and your counsellor will work together to identify issues and work towards recovery goals.

Your time with your counsellor is yours to use however you may choose. You may be interested in talking about any of the following topics:

- Stress
- Anxiety and depression
- Anger management
- Self esteem
- Grief and loss