



Karis Support Society Information Package

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Who Are We?

Mission Statement

Recognizing potential, supporting recovery, and restoring lives.

Our Mission

Karis Support Society contributes to genuine social transformation in the Okanagan Valley by providing *a safe home, support through recovery, and life skills development* for women struggling with life altering addictions and co-occurring disorders. Karis exists within the continuum of charitable organizations that provide social services for vulnerable individuals living in our community. Karis is committed to providing a safe and trustworthy environment where strength can develop.

Purpose

Karis participants are individuals whose negative experiences have led to substance misuse or mental health challenges, which have negatively impacted their lives; they are now actively working on personal recovery.

Karis provides recovery-focused programming, counseling and support to vulnerable, at-risk expectant women, women with babies or toddlers, women working towards reunification with their children and single women with no dependents, living in poverty, homelessness or at-risk of homelessness.

Our Story

In December 2006, a group of friends and family identified two significant gaps in Kelowna's continuum of social services; affordable housing for individuals living in or near poverty and program-based support for women seeking recovery from addictions. Although temporary shelters were available, there was no long-term, sustainable programming designed to empower women to transition from a life of addiction to a life in recovery.

Karis Support Society was formed from a heartfelt desire to respond to these significant needs. In 2008, Karis opened **BERNARD HOUSE**, an 8-bed recovery home for women

over 35 years of age, who had not been able to maintain a recovery-based lifestyle with long-term sobriety. A caring team of support workers offered daily recovery and life skill programming, in a safe home where women could recover from addictions and restore their self-esteem. Secure housing, caring support and good programming empowered the women of Bernard House to grow strong physically, mentally and relationally.

Our Facility

In September of 2015, Karis opened a new 24,000 square foot home. This three floor LEED certified building is a beautifully designed modern facility equipped with 37 beds. The building is further enhanced by full story glass windows, natural lighting, a third-floor patio and a ground level landscaped garden, which is available to residents enrolled in Karis Support Society's addiction recovery program for women.

Karis is situated close to downtown Kelowna, parks, pedestrian walkways and resource services. The Karis facility offers the following residential options for those enrolled in the singles program:

- Single bedrooms with ensuite for women without dependents
- Two-bedroom semi-independent suites
 - Potential roommate
- Single bedroom semi-independent suites

For those enrolled in the parenting program:

- Single bedrooms with ensuite for women with babies
- Single bedroom semi-independent suites
- Three bedroom townhouse for women with children

Interested in Karis?

As you read through our program and services, if you decide that Karis would be a good fit for you and your recovery goals. Please follow the steps as detailed below. If you have any questions, please email intake@karis-society.org.

Step 1 - Intake Process

1. Read through the website to see if you meet the program criteria.
2. Download and complete the application and send it out to the Intake department, Intake@karis-society.org.
 - The application form can be found through this link:
<https://karis-society.org/applications/>
 - The application can be a self-referral or a worker referral. There are no preferences, both referrals will have equal standing.
3. The Intake Team will call to inform you that you will be placed on the waitlist. At Karis, there is constant movement within our program and participants, we are unable to specify how long your application will be on the waitlist.
4. In order to maintain your place on the waitlist, you are expected to complete weekly check-ins via phone call to the Intake Team.
5. Once you are at the top of the waitlist, and your check-ins have been consistent, you will be contacted by an intake worker when a space becomes available in the program you are applying to.
6. The intake worker will engage in a pre-interview conversation regarding your interest in being a part of Karis program, and potentially, your availability for an interview.
7. An interview will be scheduled by the Intake Team. This interview usually lasts about an hour, going over your interest in the program, history of substance use, and other information which will highlight your fit into the Karis Program.
 - The interview is necessary to determine best fit. This allows you to exercise your autonomy and decision-making as you ask the necessary questions that you believe to be relevant to your potential stay at Karis. Furthermore, this allows our intake worker to get a more in-depth understanding of your goals, and help you determine if Karis is the most ideal option for you.

Important Information to Note for Application Process

- Karis is not a treatment facility but a second stage recovery program.
- Remember to **complete** the application before sending it to our Intake department. If the application is not completed, it will not be considered.
- While you are on the waitlist, please call in weekly to show your interest in being in the program. This indicates to staff members that you are committed to your journey and becoming a part of our community. Inability to complete weekly check-ins will result in a prolonged wait time.
- One weekly phone call check-in is suggested. Check-ins can be completed by calling **Intake: 250-860-9507 ext.115**.
- Conducting an interview does not guarantee a spot in the program. The interview is conducted to view the eligibility of the client to the program.

Important information to Note for Admittance

- Prior to your intake date at Karis, ensure that your monthly payment to the facility has been sorted out. We accept government funded payment methods.
- Please complete all intake paperwork and agreements before admittance. Complete this file within 48 hours of the intake date and send it to the Intake department (intake@karis-society.org).
- One month's worth of prescriptions may be requested by the intake team. If so, prescriptions are sent to the pharmacy 48 hours prior to intake date. Karis will contact the pharmacy to ensure the information has been submitted.

****If coming from a *detox or treatment program*, please provide your intake worker a list of all medications that have been prescribed in the past 4 weeks within 48 hours of intake date****

- ***As part of our commitment to maintaining a safe and healthy living space, we have implemented routine substance screening. This policy is in place to ensure the wellbeing and safety of all residents.***
- ***A negative substance screen will be requested at the time of intake.***
- You are only able to bring two suitcases with you during intake. Furthermore, please bring an overnight bag with all the items you will need for the 24 hours following your intake, so that it can be quickly searched and back in your possession, as larger baggage may need more time to be searched.

Step 2 - Joining the Programs

Karis offers two programs: First Stage and First Stage Parenting. Maximum stay in either program is 2 years.

What is the First Stage Program?

If Karis is deemed a good fit for the individual's recovery journey, an individual with no dependents in their care will be accepted for intake to the First Stage Program. The First Stage offers 12 individuals private ensuite bedrooms and community living in a shared kitchen, including groceries. Upon completion of the First Stage program (approximately 6 months), participants' progress will be evaluated and considered for transition into the Semi-Independent Program.

Upon entry into the First Stage program, participants are assigned a designated key worker who will collaborate with you to create a Personal Care Plan dedicated to highlighting your personal goals while at Karis and building your Recovery Capital. You will meet with your key worker a minimum of once a week. During these key worker meetings, you will review and work through your care plan, in addition you will maintain communication surrounding Karis Policies and Procedures.

Participants in first stage programming are encouraged to focus solely on their recovery, as such engaging in school and work is not encouraged while at this stage. However, key workers will work to support participants in building the foundational skills and tools required to pursue work and school at transition to the Semi-Independent Program or community.

First Stage Requirements

- To maintain eligibility, participants will provide negative randomized substance screening.
- Stabilization Period: 2-week period that provides participants space and opportunity to settle in and familiarize themselves with Karis' structure (protocols policy and programming). During this time:
 - If the participant/intake worker requests, personal electronic devices such as tablets and phones, etc. can be placed in storage to aid in the stabilization process.

- Participants are expected to remain in the building except during outings with staff or an approved safe person.
- All rooms include a landline for use (calling cards are required for long distance)
- Participants are able to independently participate in all programs and expectations of Karis, physical or otherwise. This includes completing chores, and medication compliance.
- Participants are expected to actively work on their life skills such as time management, completing room checks, cooking, and maintaining neutral relationships within the building.
- Participants will need to attend daily programming, including relapse prevention, recreation, life skills, as well as one-on-one counseling and individualized goal-setting sessions with a key worker.
- Participants in the First Stage Program are not permitted to hold a job, volunteer or be self-employed.

What is the Semi- Independent Program?

When participants have made strides in building their foundation for their Recovery Capital and have achieved personal and recovery goals suitable for supporting themselves and other participants in recovery, they have the option of moving onto the third floor, into our semi-independent suites. Semi-Independent suites include two individual bedrooms with a shared bathroom and living area. As you transition into the Semi-Independent Program, you will be assigned a new key worker. In this stage of programming, in addition to still receiving support through group facilitation and on-site counseling, participants are supported by their key worker in obtaining part-time work, school enrollment, or a volunteer position, and working towards transitioning into independent living in the community. As you go through your Semi-Independent Program, you will be working on your Personal Care Plan goals and discussing next steps after Karis.

Semi-Independent Requirements

- To maintain eligibility, participants will provide negative randomized substance screening.
- Actively engage in Karis programming (unless they are completing part time work, school, or volunteer), continue with stable recovery, and continue key worker meetings.
- Continued progress in increasing Recovery Capital by showcasing growing independence, ability to support themselves and a commitment to sobriety.

Parenting Program

The recovery-focused Parenting Program offers life skill development opportunities for women who are pregnant, parenting, or in the process of having their children returned to their care. Parents are supported with teachings and tools for parenting through recovery. As a support-based program, by providing these opportunities, participants are able to confidently strive towards self-sufficiency and independence.

What is the First Stage Parenting Program?

Expectant women and moms with dependents (up to age 2) will be accepted for intake into the parenting program. This First Stage offers 6 individuals with their children the experience of community living with private ensuite bedrooms and a shared kitchen, inclusive of groceries. Upon completion of the First Stage program (approximately 6 months), and completion of personal care plan goals, participants may transition into the Semi-Independent Parenting Program.

Upon entry into the First Stage program, participants are assigned a designated key worker who will collaborate with you to create a Personal Care Plan dedicated to highlighting your personal goals while at Karis and building your Recovery Capital. You will meet with your key worker a minimum of once a week. During these key worker meetings, you will review and work through your care plan, in addition you will maintain communication surrounding Karis Policies and Procedures.

Participants in first stage parenting programming are encouraged to focus solely on their recovery, as such engaging in school and work is not encouraged while at this stage. However, key workers will work to support participants in building the foundational skills and tools required to pursue work and school at transition to the Semi-Independent Program or community.

First Stage Parenting Requirements

- To maintain eligibility, participants will provide negative randomized substance screening.
- To maintain safety and confidentiality for all participants, children will be under the age of 2 at the time of intake.

- If a participant has a child 2 years or older, or children not in their care, they can apply for the First stage Singles Program.
- Note: Children 5 years or older are not permitted for visits in the building.
- Stabilization Period: 2-week period that provides participants space and opportunity to settle in and familiarize themselves with Karis' structure (protocols policy and programming). During this time:
 - All personal devices, tablets, and phones, etc. can be placed in storage at the request of participant/intake worker: Complimentary use of public computers with WiFi is provided.
 - Participants are required to remain in the building except during outings with staff or an approved safe person.
- All rooms include a landline for use (calling cards are required for long distance)
- Participants are able to independently participate in all programs and expectations of Karis, physical or otherwise. This includes completing chores, and medication compliance.
- Participants are expected to actively work on their life skills such as time management, completing room checks, cooking, and maintaining neutral relationships within the building.
- Participants will attend daily programming, including relapse prevention, recreation, life skills, as well as one-on-one counseling and individualized goal-setting sessions with a key worker.
- Participants in the First Stage Program are not permitted to hold a job, volunteer or be self-employed.

What is the Semi-Independent Parenting Program?

When participants have made strides in building their foundation for their Recovery Capital and have achieved personal and recovery goals suitable for supporting themselves and other participants in recovery, they have the option of moving onto the third floor, into our semi-independent parenting suites. Mothers and their children move to their own two-bedroom suites where a parent and their child each have their own bedroom, as well as their own bathroom and living area. In this stage of programming, in addition to still receiving support through group facilitation and on-site counseling, participants are supported by their key worker in obtaining part-time work, school enrollment, or a volunteer position, and working towards transitioning into independent living in the community. As you go through your Semi-Independent Program, you will be working on your Personal Care Plan goals and discussing next steps after Karis.

Semi-Independent Parenting Requirements

- To maintain eligibility, participants will provide negative randomized substance screening.
- Actively engage in Karis programming (unless they are completing part time work or school), continue with stable recovery, and continue parents key worker meetings.
- Continued progress in increasing Recovery Capital by showcasing growing independence, ability to support themselves and a commitment to sobriety.

Step 3 - Aftercare

Supporting individuals and families to create strong connections and support in the community as they transition into safe, appropriate, independent living in the greater community.

What is Aftercare?

Karis offers offsite aftercare for all participants, who have completed all the program requirements and have successfully transitioned into the community. An aftercare worker serves as an advocate and a support during this transition process. By assisting the participant in setting up support systems outside Karis, the aftercare worker ensures the participant is able to continuously build on the foundation of their recovery capital that was created while at Karis.

Participants in Aftercare Program have access to:

- Weekly meeting with their aftercare worker for the first month
- Bi-weekly meetings with their aftercare worker for the second and third month
- Monthly meetings with their aftercare worker for the fourth month to one year.

Aftercare services will be provided to all clients who qualify for a maximum of one year.

Aftercare Requirements

- Engage with your aftercare worker and be consistent with scheduled aftercare appointments - the requirements of engagement can be further discussed with your aftercare worker.
- Live a recovery-oriented lifestyle: maintain sobriety from ALL substances.

Aftercare Socials

Aftercare socials offers current clients the opportunity to connect with Karis alumnus or guest speakers, hear their stories, ask questions, and build connections. Aftercare socials are a part of Karis' peer mentorship program.

Services Offered

Karis offers a wide variety of services that utilizes a holistic approach to support participants with addressing their needs and attaining their goals. Karis provides the following services:

- Group Facilitation and Supportive Classes
- Mandatory and/or Elective Classes
- Childminding
- Counseling (12 sessions)
- One-on-one support (key worker meetings)
- Community Partnership
- Extra-Curricular activities

Group Facilitation and Supportive Classes

Karis offers strength-based, recovery focused group facilitation geared to support participants with life-skills, cognitive strategies and abilities needed to be successful as they transition back into the community. As Karis places emphasis on utilizing a holistic approach and focuses on Recovery Capital, group facilitation equips participants with the tools to form strong social support networks, community, and self-confidence. Programs include Morning Check Ins, Mindfulness, Relapse Prevention, Dollars and Sense, psychoeducational courses and more.

Mandatory and/or Elective Classes

A focus on Recovery Capital includes an emphasis on a holistic approach to care. With this in mind, Karis works closely with community volunteers to provide opportunities for participants to take part in mandatory and/or electives classes which foster creation of alternative avenues of pleasure seeking outside the use of substances and allow participants to express themselves creatively. Classes include but are not limited to yoga, recreational therapy, and art therapy. These classes provide additional avenues for stress reduction and improved mood in participants.

Childminding

Karis offers on-site childminding to participants whose children are living with them at Karis between the ages of 6 months-2 ½ years. Childminding will be offered to participants while they are in morning and/or afternoon Karis on site classes. Childminding space is based on availability.

Counseling

Karis offers on-site counseling with contracted counselors from the community trained in numerous modalities. Counselors maintain strictest confidentiality and information is not released without participant consent. Clients are offered 12 counseling sessions during their time at Karis. At the discretion of the participant and therapist, more can be scheduled.

Key Worker

Each participant is assigned a key worker, who they meet with weekly. Key workers are advocates who offer one-on-one support with goal setting, meeting program requirements and identifying needs to maximize the individual's Recovery Capital. Upon entry, key workers work alongside the participant to create and implement an individualized *personal service plan* that will be referred to and revised throughout program participation.

Community Partnerships

Participants are encouraged to build networks in the community. Key workers are available to support participants in creating these networks which may include collaboration with community partners to volunteer. Karis also partners with community partners in the creation of programs for clients. Participants have access to programming through our community partners such as Building Healthy Families, WorkBC, Kelowna Community Resources (KCR), Ki-low-na Friendship Center and the Metis Society.

Extra-Curricular Activities

Karis plans extra-curricular activities, which may include snowshoeing, skating, and hiking, for clients to participate in.

Participant Expectations

As a Participant at Karis Support Society:

- On your intake day, ensure you are in contact with the specific intake worker so that they, alongside the other relevant staff members, are aware of your arrival, or any obstacles that might delay your arrival.
- Upon arrival, a staff member will greet you, complete your intake, and ask you to provide a substance screening. You will then be shown to your room, given the necessary keys, and your bags will be taken to be searched. Your bags are returned upon search collection.
 - For the safety of all residents, you will provide a negative substance screening at the time of intake.
 - Items containing alcohol in the ingredients list will be removed from possession. Participants will be asked to take these items offsite (as they will not be stored). Any other drug and alcohol paraphernalia will be removed from your possession.
 - Baggage searches occur anytime new possessions are brought into the building. For example, if you go on an overnight stay, or if a safe person drops off a bag for you.
- During your first two weeks at Karis, you will not be able to exit the premises unless it is with a staff member, or if you and your key worker come to the conclusion that you can leave with a safe person for an appointment that cannot otherwise wait for the end of your Stabilization Period. All personal devices, tablets, and phones, etc. can be placed in storage at the request of participant/intake worker: Complimentary use of public computers with Wi-Fi is provided.

Programming Requirements

- Participants will attend all programming. This includes Check-Ins, Class, and Dream Projects (Community Partnerships), unless otherwise excused by key worker.
 - Participants will attend key worker meetings to discuss their care plans. Your key worker is someone you can turn to with any questions or concerns. They will be the individual that can help guide you in goal creation, and attainment. Your care plan is a living document and can be

changed, and revisited as much as you would like. The care plan includes sections dedicated to PAWS, Recovery Capital, Safety Plan, and Relapse Prevention Plan, to name a few.

- Note: Key workers are not counsellors.
 - Karis also has other programming such as fitness classes, sewing classes, etc., that are optional, but still a great way to supplement your current programming.
 - Karis does have contracted counsellors that come on-site who may be beneficial to your journey.
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- Incoming individuals are taken into our “2nd Floor” First Stage or First Stage Parenting Programs. This means that participants are expected to be fully immersed into the programming at Karis. Participants at this level are not allowed to attend school, or have a job, as a way to promote full attention on recovery and enhancing life skills.
 - Upon completion of the First Stage Program (~ 6 months) participants work with their current key workers to assess the progress they have made in building a foundation for their recovery capital and their ability to support themselves more independently. The decision would be made as to whether or not a transition to the Semi-Independent Program would be a good fit.
 - In the Semi-Independent programs, participants are able to enroll in school, volunteer, and/or have a part-time job, if they feel up to it.
 - Participants remain in the Semi-Independent Program for the remainder of their 2 years at Karis (as long as they continue to adhere to all Karis protocols).
 - If during this time housing is found elsewhere, the participant may decide to exit the program and at this time may be transitioned into the Aftercare program.
 - Upon completing the First Stage Program, participants are eligible for the Aftercare program. The Aftercare Program entails Karis support beyond the physical Karis building. At this point, participants have secured appropriate housing elsewhere, and have committed to a recovery-based lifestyle. Participants may be asked to provide randomized negative substance screening. After Care participants are also invited to attend scheduled Karis programming (unless otherwise indicated).
 - Karis does not have an outreach team at this time, so in order to be a part of the aftercare program, you will need to maintain sobriety.

Frequently Asked Questions

What services does Karis Support Society provide?

The Karis program facilitates the building of Recovery Capital, this includes self-directed goals of relapse prevention, effective interpersonal and relationship skills, recreational therapy, financial literacy and more.

What living amenities does Karis Support Society provide?

Groceries, bedding and bathroom paper products are provided to First Stage participants. Karis also provides on-site laundry free of charge (including washer and dryer) to all participants. However, participants are responsible to provide their own laundry soap and personal items (toiletries, feminine hygiene products, etc.).

How long can a woman stay at Karis?

The Karis structure comprises both First Stage and Semi-Independent Programs. Participants may be in the program for a maximum of two years however there may be exceptions (Note: Approximately 6 months in the First Stage Program, and approximately 18 months in the Semi-Independent Program). Karis also provides an after-care follow up program offering offsite support for individuals living in the community (after completing all requirements for first stage programming), for a maximum of one year.

What parenting specific services does Karis Support Society provide?

In addition to services listed above, Karis also provides parenting specific support through advocacy and collaboration with community partners and resources. Karis provides parenting classes, Essentials for Life, and ultimately offers participants the ability to be in recovery and have your children in your care.

What do I pay?

Based on a participant's source of income, the cost of the program may vary. Karis is not able to provide an exact monthly rate for participants until they have filled out the appropriate documentations and agreements.

How will I receive my government assistance cheques?

Individuals on income assistance through the Ministry of Social Development will continue to receive payment in the forms of cheques (delivered to Karis and/or primary residence) and/or direct deposit minus rent portion which comes directly to Karis.

Why am I to remain on-site for the first two weeks?

The Stabilization period is a 2-week time period that provides participants time to settle in and familiarize themselves with the Karis protocol and programming. With a focus on recovery capital, the goal of the stabilization period is to assess the participant's strengths at the start of the program in order to determine what resources the participant possesses in the pursuit of their recovery journey. At this point we can begin formulating a strengths-based plan so that we may support the participant to obtain their goals.

Why is my curfew different from the participants in the Parenting Program?

To encourage mothers to have a bedtime routine with their children which promotes stability and consistency.

Will I be able to come and go as I please?

During the day you will be expected to actively participate in all programming as well as respect the program structure (protocols/procedure) and curfew. During free times, participants sign in and out at the front desk reception area each time they leave and return to the property.

Will I be able to make phone calls?

Each suite is fully furnished with a landline. Participants may call local numbers through this line. Long distance phone calls are NOT possible using this line, participants are responsible for purchasing their own calling cards. Staff is able to transfer long distance calls received through the CSW office line to individual suites. Only calls from individuals on participants' safe list will be transferred through to their suites.

Will I be able to go away for a day or two?

Participants may be approved by their key worker for Out of House Agreements (OHA's), following two months of stabilization.

For their safety, participants will develop a safety plan with their key worker which will include the particulars of their visits including address and phone number of the individual they are staying with. Please see the Residency Agreement for more information.

What if I know someone in the house is using substances?

It is important that you inform staff of your concerns. This is for your safety and that of everyone in the building including that participant. Karis encourages and commits to promoting accountability and growth.

If I am prescribed medication, can I keep it with me?

Prescriptions are faxed over by staff to local pharmacies. Arrangements will be made for all medications to be supplied and blister packed to be delivered to Karis. Medications are stored in the CSW office and taken in the presence of staff, as directed by the prescription. Taking of medication and/or refusals will be observed and documented. Please see the Residency Agreement for 'Medication Policy'.

Do you permit people on Opioid Agonist Therapy (OAT) in the program (e.g., Methadose, Suboxone)?

The four forms of OAT medications that are welcomed at Karis are Methadose, Metadol-D, Suboxone, and Sublocade. Above mentioned medication protocols apply. A lock box and doctor's note will be required for participants to transport OAT medications offsite for OHA's.

Can I smoke cigarettes?

The Karis building is a non-smoking building. Smoking is permitted in designated areas. Please see the Residency Agreement for 'Smoking Policy.'

What kind of support do you provide for participants with Ministry of Children and Family Development (MCFD) involvement?

Karis offers advocacy, individualized support, and collaboration with MCFD. This is all done with the participant's interests as priority.

What will my MCFD social worker have access to?

Per Karis' confidentiality policy, your social worker will only have access if you grant it or if Karis is subpoenaed by the courts.

I am in the process of reunification with my children, can I do this while at Karis?

Yes. Karis will collaborate with MCFD and your social worker to facilitate the reunification process including arranging visits (for children up to 2 ½ years old), accompanying you to case conferences, court, etc. Individual circumstances can be reviewed if the child is older.

My child is in the care of the Ministry of Children and Family Development (MCFD), can they visit?

Yes, children can visit up to the age of 5 years old. For children over, this will be determined by the Parenting Program Coordinator (PPC) and the Karis Care Team on a participant-to-participant basis.

Can my other children come to visit?

If children are under the age of 3 years old, the decision will be made on a participant-to-participant basis. Karis encourages off site visits. Please see visiting protocols in the Residency Agreement.

I have a supervision order in place from MCFD, what does that mean for me while at Karis?

The Karis Parenting program staff will collaborate with the actions laid out in the MCFD supervision order dependent on what is stated and the limitations to the services Karis can provide.

What happens to my child if I have a relapse?

Due to the individual nature of Karis care planning, this will depend on the specification noted in your safety plan.

What am I responsible for as the participant?

Individuals are responsible for maintaining accountability to the commitment they make to their recovery. As participants of the Karis program, individuals are also expected to maintain commitment to the Karis Structure (e.g., chores, protocols/procedures).

Will I be required to attend all programming?

All participants are required to attend all programming unless otherwise agreed upon by the Parenting Program Coordinator (PPC) and social worker. Participants in the reunification process are required to attend programming during the days that their children are not on site. Prenatal participants are required to attend all programming until their delivery date (in terms of recreational therapy, decisions are made on a participant-to-participant basis).

Is childminding available?

Please see the childminding schedule and direct all questions to Parenting Program staff.

Will counseling be available at Karis?

Karis offers on-site counseling with various contracted counselors from the community. Counselors maintain strictest confidentiality and information is not released without participants consent. Please see Counseling Service Policy.

Can I continue to access services from community/outside supports?

Participants are encouraged to build networks in the community, as these serve as a foundation for their community life post Karis. Key workers are available to support participants in creating and strengthening these networks.

Who is a key worker?

Each participant will be assigned a key worker. Participants will meet weekly with their assigned key worker. Key workers are advocates who offer one-on-one support with goal setting, meeting program requirements and identifying needs to maximize the individual's recovery capital. Upon entry, key workers work alongside the participant to create and implement an individualized personal service plan that will be referred to and revised throughout program participation.

What is a Personal Service Plan?

Each participant will work with their key worker, utilizing documents provided (worksheets, assessments, and exercises) as prompts to create a personalized service plan which would serve as the foundation for the building of their recovery capital, ultimately providing the support the participant will need to lead a recovery-focused lifestyle. Recommendations made by any other community support will also be integrated into the care plan.

What is Recovery Capital?

Recovery Capital is described as "the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from addiction and related substance misuse concerns." It is not a fixed value, rather it decreases in active addiction and increases during sustained recovery. By recognizing what resources can be mobilized within the individual, the participant is empowered to work from their strengths in the initiation and maintenance of their recovery.

How do I apply for housing?

Your key worker will work with you to complete appropriate housing applications (e.g., low-income housing, etc.) that will ensure a safe transition into the community upon completion of the program. Upon completion of housing applications, participants will be responsible for completing any follow up calls, etc. required by the housing provider.

What is the Essentials for Life (EFL) Program and what do I receive?

A supplemental program that provides participants with baby care necessities including diapers, formula, baby food (including pouches and jars), and wipes. Be mindful that not all requests (e.g., specialized formula, baby food) can be accommodated.

What is the protocol for collecting an EFL order?

Participants in the First Stage Parenting program receive supplies once a week. While in the Semi-Independent Parenting program, to promote independence, participants receive supplies once a month. Participants are required to submit their EFL order sheet (located in the 209 Kitchen) to the Parenting Client Support Worker before Thursday every week. Following the order is completed and the supplies are placed outside the participant's door.

What do I do, I ran out of diapers, and I already collected my EFL order for the week/month?

The Essentials for Life (EFL) program is a supplemental program. If a participant runs out of baby care necessities, they are responsible for obtaining any additional items including diapers, formula and wipes.

Why can't I sleep with my baby in bed?

Per Provincial Best Practice guidelines, Karis follows "Baby's Best Practice," which states that co-sleeping is not safe until the child is 2 or more years old.

What does line of sight mean?

The child must be always visible to their mother or mother must have a monitor if not in the same room.

Why can't I leave my child with another participant?

For safety and liability issues, participants are not permitted to leave their child(ren) with other participants.

Why are there Parental Controls on the Karis Netflix account?

In line with Karis' value of respecting each participant and their stage of recovery, parental controls ensure that participants maintain their right to exist in a safe space. As such the controls ensure that participants who may have lower tolerances for violence and triggering behaviors are not subject to these images while accessing the Netflix account. Furthermore, participants are encouraged to respect the rights of each participant when watching television in the common areas.

Why am I not allowed to drink energy drinks on-site?

Research has shown that energy drinks can act as a gateway substance as they may serve to replace the stimulation gained from active substance use. For this reason, participants are discouraged from consuming energy drinks.

Why can't I have a pet?

Considering the short amount of time participants spend at Karis (maximum of 2 years). A pet is a responsibility Karis believes should be reserved for when the participants successfully transition into community living.

Why can't I store my other belongings (e.g., car tires, furniture, etc.) here at Karis?

Due to the limited storage space available at Karis. We ask that participants limit their belongings to 2 suitcases.

Why don't I have access to a parking pass?

Karis is only allotted 5 parking passes a year. They are distributed on a first come first serve basis; the remaining participants are then placed on a waitlist until one becomes available.

Why can't I put stickers on the wall?

Repainting has to occur when stickers and other wall decorations are removed from the wall. This is a charge that will be taken off the participant's damage deposit. As such, participants are discouraged from placing any stickers or other wall decorations on their wall.

Contact Us

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