

History and Funding ...

- Alcontrol was founded in 1982 and operated for 16 years as an independent agency known as Alcontrol Homes.
- On June 1, 1998, Alcontrol joined House of Friendship and now operates as one of the agency's three alcohol and drug addiction treatment programs.
- There are no fees charged to participants in the Alcontrol Program.
- Funding for the program is provided by the Ontario Ministry of Health and Long Term Care and through donations.

A Program of House of Friendship ...

- Alcontrol is one of House of Friendship's Addiction Services.
- House of Friendship is a Christian, non-profit human service agency founded in 1939. It operates programs in the areas of Addiction Services, Community Services, Family Services and Residential Services (see back panel).
- House of Friendship's mission is to serve low-income people in need of support and to promote opportunities for personal growth, wholesome relationships and community development through the application of holistic Christian principles.

"I want to see a mighty flood of justice, a torrent of doing good." -Amos 5:24

House of Friendship Programs

| Addiction Services | Community Services |
|--|---|
| Women <ul style="list-style-type: none"> • Alcontrol • Moving Forward Men - 174 King St N | Appliance Repairs Christmas Hampers Emergency Food Hampers |
| Family Services | Residential Services |
| Community Centres <ul style="list-style-type: none"> •Chandler-Mowat •Courtland-Shelley •Kingsdale •Sunnydale Live and Learn Camp Sponsorship | Cramer House Eby Village Kiwanis House Charles St. Men's Hostel Charles Village |

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Affiliations ...

House of Friendship is a member of the following provincial associations in the addiction treatment field:

- Addictions Ontario
- Ontario Federation of Community Mental Health & Addiction Programs

02/06

ALCONTROL



a treatment program
for women addicted to
alcohol and/or other drugs



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A Program of



*Extending the hand of friendship
to our neighbors in need since 1939*

Alcontrol is ...

- Alcontrol is an 8-bed treatment program for adult women who have a serious substance abuse problem.
- It provides a supportive drug-free environment where participants can identify and address their lifestyle issues and build on their personal strengths.
- The program is designed for women who believe they can benefit from participating in a group counselling program.
- It is a 3-12 week residential program (depending on need).
- A day program is also available on a limited basis to women who have completed the residential program.
- The program is housed in a comfortable, older home, centrally located in Waterloo.

Admission Criteria ...

- Be an adult woman with a serious substance abuse problem.
- Be able to participate in a 3-12 week program.
- Be able to manage personal commitments and responsibilities.
- Be committed to making a significant lifestyle change.
- Have stable health status.

Confidentiality ...

House of Friendship policy restricts the release of any personal information about program participants to anyone outside the organization.

How to Apply ...

- To be considered for admission, applicants are required to complete an assessment that will help determine the type of treatment that would best suit the individual's needs.
- If residential treatment is recommended, a screening interview can be arranged by calling the Intake Counsellor during business hours from Monday to Friday.
- The screening interview will help determine if the program is appropriate for the individual.
- Inquiries about the program are always welcome.

Aftercare ...

- Group counselling is available to women following the completion of any residential program in Ontario. This service is offered in the evening. Inquiries about the aftercare group can be directed to the Intake Counsellor.

What participants say ...

- *"I'm leaving (the program) with a sense of hope and purpose."*
- *"I was in the program with a great group of women."*
- *"It's a supportive, caring environment. I learned a lot!"*

Program Overview ...

- The residential program is up to 12 weeks long, depending on the participant's need.
- Participants are provided the opportunity to learn about themselves and others, change destructive behaviour and become more confident about their ability to live without the use of alcohol and/or drugs. Complete abstinence is required.
- Program objectives are addressed through:
 - *women's wellness group*
 - *relapse prevention group*
 - *drug and alcohol education group*
 - *anger management group*
 - *self-esteem group*
 - *communication skills group*
 - *relationships group*
 - *family issues group*
 - *spirituality group*
 - *personal goal setting*
 - *individual counselling*
 - *small group counselling*
 - *peer support*
 - *residential treatment milieu*
 - *participation in community AA/NA groups*
 - *moms in recovery group*
 - *leisure and recreational activities*
 - *household tasks*
- Participants regularly review their goals and progress.

