

# Next Door

A project of My Friend's House

## **Our Goal:**

To reduce the re-victimization of abused women who experience significant barriers to their healing as a result of trauma.

## **Mission Statement:**

To assist women achieve higher self-determination; to understand the problems they face and how to strategize to move forward in their lives.

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# Next Door

## What to Expect

“Next Door” Transitional Support program for women is a residential program operated through My Friend’s House. Located in Collingwood, this program provides therapeutic and practical interventions to women experiencing significant barriers to independence. Women can reside at Next Door from a minimum of three months to a maximum of one year.

### **Next Door is for women who:**

- Have difficulty in governing their own lives and want to move toward productivity and achievement
- Have a history of abuse and are committed to rebuilding their lives free from abuse
- Are not in fear for their safety
- Are not currently providing primary care to their children.

### **Trauma Counselling:**

By becoming a resident of “Next Door”, you have committed to engaging in therapeutic counselling. You will learn specific tools to help you develop an improved sense of self, learn how to govern your life in a way that you are able to make healthy choices for yourself and lead a life of independence.

### **While a resident at Next Door you will have the right to:**

- Be treated with respect and dignity
- Receive information concerning your situation and participate in the assessment of your needs, goal setting and treatment
- Receive appropriate guidance, support and supervision from staff
- Refuse participation in the program and to be informed of consequences of your choice
- Know Next Door’s rules and regulations that apply to your conduct as a client.
- Expect that all communications and records pertaining to your stay will be treated as confidential
- Expect Next Door will respond to reasonable requests for service that are within its ability to provide
- Request to examine your own residential record
- Participate in the planning of your discharge from the program

**Program Fees**

Program fees are based on a client's income to a maximum of \$464.00. Fees will be reviewed in detail when the client is offered admission. Every effort will be made to ensure that a client's ability to pay is not a barrier to service.

**Personal Items:**

You will have your own bedroom. This room is your only personal space. You are welcome to bring any personal items that you need however they need to fit safely into your room. No door or windows can be blocked and you will not be able to hang anything on the walls. You are welcome to bring additional furniture into your room. We will note this in your file so that upon discharge your belongings do not get mixed up with ours. As per Health and Safety Guidelines, room checks will be done weekly. We also reserve the right to enter your room if we hear or smell something that is concerning to us. Whenever possible staff will enter your room when you are present, however there may be times when this is not possible.

**What you need to provide:**

You will be required to purchase your own food and personal toiletries. You will also need to bring your own clothing, personal electrical devices such as hair dryers and curling iron and any other personal effects that will make you comfortable.

**Medication**

You are responsible for managing your own medications. At Next Door there is to be no use of illegal drugs or misuse of prescription medications. If you are concerned about this, please share your concern with staff so that they can work with you. Sharing of medication is not permitted. This can be very dangerous. If you have any concerns about your medications, we ask that you speak to your doctor or pharmacist.

**Discharge planning**

Discharge planning starts when you begin service at Next Door. When your service relationship begins, we will establish goals together with you and set a plan that best meets your needs and expectations for moving on from Next Door.

Your goals will be reviewed throughout your stay so that as you approach your discharge date your goals have been met. We will also ensure that you are connected with the community resources you have identified as important and the Transition Worker will actively work with you to secure housing on your discharge date.

**When you leave**

We want to know what you think. You will be asked to complete an evaluation of service. We need your feedback so that we can provide the best possible service to women.

Staff will also schedule follow-up appointments if you want this. We want to ensure that your transition from Next Door is a smooth one as you move on to your new life of independence in the community.