



Executive Summary

Introduction

Bering Road House of Recovery is an agency that has been developed amongst those with decades of experience in the residential care, support and treatment of individuals needing such services. The length of experience includes a significant breadth and depth.

Each of us have focused our careers on individuals managing a complexity of issues; cognitive deficits such as Fetal Alcohol Spectrum Disorder, ABI, and DD; Mental Health concerns; Addictions and Substance Misuse; Exploitation; Homelessness; and Criminality. We have provided a range of services such as; residential care; outreach; community support; supervision of independent living; and support for addiction recovery.

Our Mandate

Bering Road House is being developed to contract with the Correctional Service of Canada (CSC) to provide a Community Residential Facility (halfway house) specifically for inmates assessed as having FASD. The program will address managing FASD, substance misuse, life skills, support with employment and transitioning to the community.

While we will be under contract with CSC our focus is the success of each of the program's participants. As a program of transition, our focus is to develop the skills, habits, and practices that will allow each person to transition to the community successfully. As a Community Residential Facility we abide by the rules and regulations of CSC, however within those parameters we see ourselves working successfully with our participants.

Objective

The primary focus of this program is to teach methods of managing the effects of FASD. Much of the difficulties that are visited upon the individual arise out of attempts to mitigate the deficits created by FASD. A deficit such as being able to understand every third or fourth spoken word, can lead to serious and even criminal behaviour.

When adequately supported the individual managing FASD can learn the practices and techniques to mitigate such a deficit. Often the route to success lays in making accommodations in the environment to support the individual. Our job is to explore the possible solutions for the person.



Often one of the compensating behaviours is a dependency of drugs, alcohol or another substance. It is common for the sense of relief that comes with substance abuse to lead to such dependencies. Our approach is trifold. First, to teach the practices of avoiding consumption of what ever substance is being abused. Often in our attempts to be therapeutic in addressing addiction we fail to teach the skills to say "no." Secondly, through counselling we address the trauma that so often lies behind substance abuse. Thirdly, and for lack of better words, we encourage the development of spirituality.

Lastly, our objective is to teach the life skills essential to success. Our emphasis is on the skills needed for personal relationships. Our experience is that being able to engage in relationships with others opens doors that may have been previously closed. Being able to participate in healthy relationships allows the person to more easily seek help and support.

Delivery of Service

The residence provides that basis of our program. Much of what we do occurs within the halfway house.

We also emphasize community participation and support. Accessing services such as WorkBC, Kelowna Community Resources and Kelowna Counselling is an important part of each person's personal program of recovery. We also encourage participating in other community groups such as churches, volunteer organizations and similar organizations.

We consider the more community based a participant can become the more likely there will be a successful transition to the community.

Bering Road House also offers second stage housing for when the person has completed their sentence but are desiring a level of support. Our second stage house offers continued support in a residence that is more relaxed.

Methodology

It has been our experience that the most important method of supporting our participants is to engage the person with dignity and respect. Along with this approach is an absence of judgment. The person has been doing their best given their skills and abilities and their understanding of themselves and their place in the world. If this foundation is not in place, other methods of promoting growth will be ineffective.



BERING ROAD HOUSE

CORRECTIONS CANADA FACILITY

We start with the structure and routine within the house, there is a shift of focus away from an efficient running of a facility to the support of the individuals within the program. Structure and routine should be designed to support the individual. Initially, we simply require the participant to reside in the home and participate in the in-house programming. Transitioning to accessing community resources occurs as the individual experiences success.

Each participant is involved in creating a plan for themselves as to their personal program. There are number of case planning strategies we can use, such as MAPS, which provides a comprehensive plan. It is imperative for the participant to direct this process. We also encourage participation of the person family and social contacts.

As the participant moves through the program, we work with the individual on developing a community base. The worker attached to the individual will work the participant in developing that community base.

Finally, there are plan to develop "second stage" housing for those who desire continued support after the completion of their sentence.

Conclusion

This summary of our program is provided as a means of introduction. More specific information included details of our experience can be obtained by contacting us either through info@beringroadhouse.ca or by contacting the Executive Director, Dan Zuffa on his direct line at 604 – 716 – 2271.