



***“We may not be responsible for the world that created our minds,  
but we can take responsibility for the mind with which we create our world.”  
-Gabor Mate***



## **Our Team**

**Stella Maris Health Services** was co-founded in 2017 by Kelly Foxtan & Zolt Balint. It's mission is "to provide community-based healing and transitional support services for people committed to building a life free from drug and alcohol dependency." Kelly and Zolt both work full-time at Stella Maris in client care, community outreach and program development.

The **Stella Maris Sober Living Team** is comprised of community-based professionals, local business's and private individuals currently serving in the health and wellness sector. All members of the Stella Maris Team are passionate about what they do and are fully committed to providing quality services that encourage natural health and inspired living.

Our collective goal is to offer clients the integrated wisdom of our diverse fields of expertise. This dynamic approach enables clients and care providers to co-create an individually customized program that ensures clients reap maximum benefit from their time spent with us. It also helps clients meet their long-term, post treatment goals by creating meaningful, long lasting, supportive relationships within the community that they can access after they leave the program.

The **Stella Maris Health Services** family follows a "Lead with Generosity" business philosophy. We believe in supporting the people and projects of our community by fostering opportunities for positive community connections.

### ***Leading with Generosity***

- FREE Community Workshops
- FREE 1<sup>st</sup> one-on-one Session/Consultation
- FREE public S.M.A.R.T. Recovery support meetings

## **Contact Information**

**Email:** [careinrecovery@gmail.com](mailto:careinrecovery@gmail.com)

**Website:** [www.sobercompanion.ca](http://www.sobercompanion.ca)

**Phone:** Kelly Foxtan 902-955-0779 / Zolt Balint 902-840-0214

## **Programs & Services**

Stella Maris Health Services offers an all-inclusive residential **15 to 45-day Residential Sober Living program**.

We also offer a range of community-based, non-residential support services including **Sober Companionship, Individual and Group therapy, Therapeutic Recreation, Art and Wellness workshops**, referrals to drug & alcohol-free long and short term **Accommodation** providers, as well as **SMART Recovery Meetings** and **Free Community Workshops**.

### **Sober Companionship**

Sober Companions are non-clinical care providers. They are there to spend one-on-one time with clients as peer supports, mentors and friends to help clients stay on track, steer clear of high-risk situations, and support them in any way needed in order to create a new sober-norm. Stella Maris Sober Companions are trained in the art of providing compassionate, capable and constructive support to clients. Some of the services they provide include:

- work with clients to assess, re-assess and implement their post-treatment plan
- offer practical day-to-day support (driving to appointments, shopping, sourcing out community programs, help clients update resumes and job searches, etc)
- offer emotional support and lend a non-judgmental ear
- offer a sober perspective to every day life situations as they occur
- accompany clients to social and recreational activities and events

### **Individual & Group Sessions**

Sessions are offered both on and off-site. Transportation can be arranged for all off-site sessions.

#### **Group Sessions**

- **SMART Recovery** (on-site)  
Taught by certified SMART Recovery facilitators, are offered Monday to Saturday mornings.
- **Art Classes & Workshops** (on & off-site)  
Include painting, sculpting, fabric/fibre art, journaling and photography.
- **Nature Therapy** (on & off-site)  
Hiking, canoeing, fishing, survival skills, and nature-immersion experiences hosted by skilled facilitators.
- **Spiritual Wellness** (on-site)  
Saturday evening fireside gathering/sharing circle  
Sunday morning “Spiritual Curiosity” discussion group

#### **Individual Sessions** (on & off-site)

- **Clinical Counselling** All clinical counselling sessions are booked with off-site licensed practitioners.
- **Spiritual Care & Healing**
- **Massage, Reiki, Aromatherapy & Alternative Treatment**

## **Therapeutic Recreation**

Stella Maris offers a range of exciting “sober-fun” filled, guided activities every weekend throughout the year. Our program is arts, culture and nature-based and therefore most activities are planned around the seasons.

Although our Therapeutic Recreation program is included in our 15 to 45-day residential package, it is also available to non-residential clients who can provide adequate proof of at least 30 days sobriety and who are willing to undergo random urine testing.

Activities include:

- Hiking, Kayaking and Canoeing
- Outdoor Survival Skills
- Beach-combing and swimming
- Historical sites and local tourist attractions
- Community theatre, music and visual arts events
- Whale and Seal watching
- Traditional Native Gatherings and Events
- Farmers Markets, Art and Craft shows
- Art Classes and Workshops
- Driving Tours
- Movie Night
- Fireside Gatherings
- Jam Sessions

## **Accommodation**

### **1) Sober Host Families**

Sober Host Families are **private individuals** living in the local community who have opened their hearts and their homes to provide a dedicated drug and alcohol-free, temporary residence where clients can live for the duration of their program stay. Sober Host Families offer a unique accommodation option to clients who would like to participate in our community-based, residential program but prefer to live in a private family setting.

Sober Host Families are carefully screened and have clearly demonstrated their commitment to providing a safe, non judgmental, drug and alcohol-free, family integrated living environment for clients.

All clients interested in Sober Host Family accommodation are required to successfully complete an application/interview process. Once the process is complete, the Client and Host Family meet in person with their Stella Maris liaison present. Final Host Family arrangements are only made if all parties are in agreement.

### **2) Sober Accommodation Providers**

Sober Accommodation Providers are **local business's** that operate drug and alcohol-free overnight accommodation and/or rental properties (ie. Apartments, Bed and Breakfasts, Cottages). They are screened in the same way as Sober Host Families. Clients must agree in writing to remain drug and alcohol-free for the duration of their stay and to abide by the rules of the accommodation provider. However, there is no formal application/interview process.

## **S.M.A.R.T. Recovery Workshops and Meetings**

S.M.A.R.T. is an acronym that stands for “Self Management and Recovery Training”. SMART Recovery teaches a series of self-help tools that clients can use to overcome any compulsive behaviour. It is based on scientifically tested methods such as Cognitive Behavioural Therapy, Rational Emotive Behaviour Therapy and Motivational Interviewing.

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a “tool-box” of methods and strategies. The goal of SMART Recovery is for clients to achieve a healthy, positive and balanced lifestyle and to “move on” when they feel confident that their addictive behaviour has been overcome.

Stella Maris uses the SMART Recovery “Addictions and Co-occurring Disorders” program as the foundation of its daily group therapy sessions. There workshop-style sessions are offered 5 mornings per week and are taught by certified SMART Recovery facilitators.

Stella Maris Health Services also offers free SMART Recovery meetings at public venues that Sober Living Program participants are welcome to attend both during and after completion of the Stella Maris Sober Living program.

## **SMART Recovery 31-Session, Group Therapy Program Overview**

### **Getting Started**

Session 1: Introduction

Session 2: What habits do you have?

Session 3: Process of Change

Session 4: Cost-Benefit Analysis

### **Changing your Beliefs**

Session 5: Changing Self-defeating Behaviour

Session 6: Why Quit?

Session 7: Introduction to REBT

Session 8: Abstinence VS Moderation

Session 9: Motivation

Session 10: Irrational Beliefs and the Relationship to Self-Defeating Behaviour

Session 11: Unconditional Self-Acceptance VS Conditional Self Esteem

Session 12: Accept the Responsibility – Take Control

### **Coping with Cravings**

Session 13: Triggers and Cravings

Session 14: Personal Triggers

Session 15: Coping with Cravings

Session 16: High Risk Situations

Session 17: Connecting the Links TRIGGERS – WARNING SIGNS – USING

Session 18: Warning Signs and Behaviour Changes

Session 19: Stinking Thinking and Thought Stopping

Session 20: Changing the “A’s” (activating events) Behavioural Changes

Session 21: Refusing Drugs

Session 22: Healthy Choices

### **Following Through**

Session 23: Socializing without Drugs

Session 24: Getting Support

Session 25: Managing a Slip

Session 26: Stopping after You Have Slipped

Session 27: Reporting A slip

Session 28: Getting an Appointment with a Support Person

Session 29: Communicating with a Health Professional

Session 30: Money Management

Session 31: Final Session

# 2017/2018 45-Day Sober Living Program and Fee Schedule

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<b>WHERE</b>	<b>Stella Maris Sober Living Sanctuary at the “Country Hideaway”</b> 514 Wallasey Drive, Upper Clements, NS B0S1A0
<b>CONTACT</b>	<b>Email:</b> <a href="mailto:careinrecovery@gmail.com">careinrecovery@gmail.com</a> <b>Website:</b> <a href="http://www.sobercompanion.com">www.sobercompanion.com</a> <b>Tele.:</b> 902-955-0779 / 902-840-0214
<b>ARRIVAL</b>	<b>Please make every effort to arrive before 3pm on your session start date.</b> If you need to make other arrangements, please contact the Office. Staff will be available throughout the day in the Main Office/common area to greet clients upon arrival and complete intake forms. Evening meal will be served in the common area at 5:30pm on the day of arrival followed by a fireside gathering/circle gathering.
<b>COST</b>	<b>\$9,997 per person, private bedroom &amp; bath</b> (\$193.18/day + HST) <b>\$7597 per person, 2 people/bedroom/bath</b> (\$146.80/person/day + HST)

## DAILY SCHEDULE

### MONDAY TO FRIDAY

10AM – 11:30AM - S.M.A.R.T Recovery Group Therapy Session  
12 NOON - LUNCH  
1:30PM – 4:30PM - Individual Programming & One-on-one Sessions  
5:30PM - SUPPER  
6:30PM - YMCA (see [www.fundyymca.com](http://www.fundyymca.com) for current menu of options)  
7PM - Sharing Circle/Group Recreation Activity

### SATURDAY & SUNDAY

10AM - S.M.A.R.T Recovery Group Therapy Session (**Saturday only**)  
-Spiritual Curiosity Group Discussion (**Sunday only**)  
12 NOON - LUNCH  
1:30PM-5:30PM - Therapeutic Recreation Outing  
6PM - SUPPER  
7PM - Sharing Circle/Group Activity

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To register, please submit your registration information with a \$200.00 non-refundable deposit.  
Please make cheques payable to **Stella Maris Health Services**.

**\*No registration accepted without a deposit\***

**Space is limited. All registration is taken on a first come, first serve basis.**

Total amount must be paid in full upon arrival at the Centre. If you are unable to make full payment upon arrival please call our Office to discuss alternate arrangements.

**Payment Options: Check, Cash, Credit Card:** Cancellation Policy: If cancellation is made prior to 10 days before session start date, all monies will be refunded except for the \$200.00 deposit.

## ***2017/2018 Other Programs and Fee Schedules***

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*Please note that Stella Maris Health Services is committed to quality individualized care and can accommodate a maximum of 6 residential clients. **Participants enrolled in the 45-Day residential program will get first priority for all on-site overnight accommodation.** On-site accommodation for clients participating in all other programs and services will be offered on a first come, first serve basis.*

**WEEKEND PROGRAM** – Friday evening to Sunday afternoon, all-inclusive  
**\$597 per person** (\$259.57 + HST /night)

**2-WEEK PROGRAM** (includes 14 nights accommodation)  
**\$3850 per person** (\$239.13 + HST /night)

**30-DAY PROGRAM – Private Room** (includes 30 nights accommodation)  
**\$7500 per person** (\$217.39 + HST/night)

**30-DAY PROGRAM – Semi-Private Room/Couples** (includes 30 nights accommodation)  
**\$6750 per person** (\$195.65 + HST/night)

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### **MONTHLY ENROLMENT PROGRAMS**

Non-Residential, Affordable, On-going Support.

#### **“Free to be Me”**

**\*drug & alcohol-free\* Weekend Recreation & Activities**

**\$597/MONTH**

(Fee includes all admission prices, workshop supplies and transportation from Stella Maris to off-site activities.

Clients are responsible for their own transportation to and from Stella Maris.)

**Nature Hikes, Canoeing & Whale Watching – Art & Craft Workshops – Historical Tours**

**- Fireside Gatherings – Beach Combing – Festivals and Events – Sports & Games**

Offered every Friday evening, Saturday afternoon & evening, and Sunday afternoon.

Contact Stella Maris for this month's schedule of events.

#### **“Care for the Caregivers”**

**\$397/MONTH**

(Fee includes all admission prices, workshop supplies and transportation from Stella Maris to off-site activities.

Clients are responsible for their own transportation to and from Stella Maris.)

***Offered exclusively for people who are currently working in the health care industry  
and those affected by a loved one's addictive behaviour.***

**Includes 10 group sessions and 2 one-on-one sessions per month**

(4 therapeutic art classes, 4 healing/sharing circles, 2 guided nature therapy excursions,  
and 2 one-on-one alternative therapy sessions)