**What do I need to get into McDougall House?**

Clients must be women 18 years of age or older and have recently completed an in-patient treatment program. We are abstinence based and designed as second stage treatment. Clients must be medically stable and be able to participate in all aspects of our program. Seven (7) days abstinence is required prior to completing the assessment. Clients can submit a pre-screen questionnaire through our website to determine whether an assessment will be scheduled. Clients should allow approximately 1.5 hours for the face to face assessment process. In some circumstances the assessment can be completed over the telephone (out of town). If currently in treatment, we recommend a client calls us or applies for an assessment through our website in her first week.

**How do I confirm my acceptance?**

After the assessment is completed, the counseling team will case conference to determine if our program matches the client's needs and circumstances. The potential client must contact McDougall House at an arranged date and time to confirm whether she is accepted.

**What is the intake process?**

Once accepted, a client will be given a specific appointment date and time for intake. A client may bring one suitcase and a cosmetics bag with her. Storage space is limited, so we cannot accommodate more. Further directions are given over the phone as to what the intake procedure will look like (items to bring, heat treating, tour, paperwork).

**What is the length of the program?**

We designed the program to provide adequate time for our clients to become well grounded in their recovery. Clients may determine the length of program they think they need. Most clients stay an average of 3-6 months, but this time frame is flexible for each individual client. Treatment goals will be reviewed on a monthly basis with staff.

**What is the cost of the program?**

As an Alberta resident with an Alberta Health Care Number, there is no fee to attend McDougall House. Clients can apply prior to receive Government assistance if unemployed for their own expenses. Food and linens are provided here so a client would just need to purchase her own personal items (hygiene, snacks, bus pass, etc).

**What medications are allowed?**

All medications must be approved prior to admission. We do not accept benzos. We accept clients on Methadone and Suboxone medications. A medication management system is in place to enhance client safety.

**Can I have a cell phone? Can I smoke? Do you allow visitors?**

Cell phones are allowed in the house but must be put away during programming times. Client Wi-Fi is available. Smoking is allowed outside the house only. No vaping is permitted. To be mindful of anonymity, all visits need to occur outside the house, including children.

**Covid restrictions at McDougall House**

* Continuous mask wearing everywhere but your own bedroom. Staff also wear eye protection.
* Clients will be in a single room, or a double room with 2 metres between beds.
* Increased hand washing and use of hand sanitizer.
* Increased frequency for disinfecting of high and low touch areas by staff and clients.
* Limited time away from the house during non-programming times; short passes are required with approval from staff. Walks are permitted and encouraged.
* No visitors permitted.
* Clients at McDougall House become your “household” so not permitted into homes of other family members, friends, etc.
* Outside visits are permitted according to provincial orders.
* Vaccines will be strongly encouraged when available.