



## THE REFERRAL PROCESS

Referrals for admission will be accepted from Addictions Counsellors and/or qualified health professionals. Clients must be at least 18 years of age; have an alcohol and/or drug addiction which includes addiction to prescription medications; be mentally and physically able to participate in an intensive treatment program; and be able to participate in group-based programming.

All referrals for inpatient treatment will be directed to the Provincial Intake Coordinator. Once assessed, the referral will then be directed to the most appropriate treatment facility (Humberwood or The Grace Centre) based on identified need and bed availability.

## DISCHARGE PLANNING

Each client who completes the program will have a formalized discharge plan that will incorporate continued treatment, as well as, follow-up/aftercare recommendations. The Grace Centre's approach promotes engagement and strong collaboration with community services and supports that enhance and support client recovery.

## ADDITIONAL INFORMATION:

### Confidentiality and privacy

Eastern Health is compliant with current privacy legislation and holds all information relating to treatment in the strictest confidence. Information is not released without the client's permission with the exception of circumstances when required by law.

### Contact information

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## THE GRACE CENTRE

Adult Addictions Treatment Centre



[www.easternhealth.ca](http://www.easternhealth.ca)



The Grace Centre is an inpatient addictions treatment facility for adults aged 18 years and older residing in Newfoundland and Labrador. It is operated by Eastern Health and located in the Town of Harbour Grace, NL.

The Grace Centre is one of two adult addictions treatment facilities located in the province of Newfoundland and Labrador. Humberwood, the other centre, is located in Corner Brook. Collectively, these two facilities enhance addictions services and treatment options available to adults in our province.

The Grace Centre complements the existing continuum of care across the province for individuals and their families who are experiencing an addiction. Currently, the range of adult addictions services across the province of NL include outpatient counselling services provided by each regional health authority, the Opioid Treatment Centre and the Recovery Centre (withdrawal management service) in St. John's, the Humberwood Residential Treatment Centre in Corner Brook.

The Grace Centre is staffed with a multi-disciplinary team consisting of a physician, nurse practitioner, nurses, social workers, recreational therapist, occupational therapist, pharmacist, psychologist, as well as non-clinical support staff.

## ABOUT THE PROGRAM

The Grace Centre is an 18 bed, residential service that offers a 28 day program for those requiring specialized addictions treatment. The program embraces a holistic approach that considers the individual's physical, social, psychological and spiritual needs through individual, group and family counseling. Consideration may be given to extend the stay beyond 28 days if required.

The Grace Centre offers a safe and structured environment for its clients in addition to educational and therapeutic services. The program encompasses psychoeducational, therapeutic and recreational groups with individual follow-up available based on client need. The program incorporates concepts of cognitive behavioural therapy, dialectic behavioural therapy, motivational interviewing and contingency management. The overall goal of the program is to help clients reduce the risk of relapse while managing their recovery through achieving healthy, balanced lifestyles.



## ABOUT THE CLIENTS

Adults who stay at the Grace Centre may come from diverse backgrounds and be challenged with an array of complex addictions issues. This would include individuals with co-occurring medical and/or psychiatric conditions that are stable but may require monitoring.

Although the majority of adults who are referred to the facility would have already received addiction services within the community, they may require a more intensive treatment environment due to the severity of their addiction.

