



POUNDMAKER'S LODGE TREATMENT CENTRES

(Mailing Address)
Box 34007, Kingsway Mall PO
Edmonton, AB T5G 3G4

(Physical Address)
25108 Poundmaker Road
Sturgeon County, AB T8N 1M9

Website: www.poundmakerslodge.ca Phone: (780) 458-1884 Fax: (780) 459-1876

Poundmaker's Lodge Treatment Centres Residential Treatment and Aftercare Programs

Poundmaker's Lodge Treatment Centres offers 3 distinct programs: a 42 Day Residential Treatment Program designed for adults 18 years of age and up, a 90 Day Young Adult Residential Treatment Program specifically designed for young adults between the ages of 18 to 24 years who are Alberta residents and the Iskwew Healing Lodge which is an aftercare facility for women. You will need to apply directly to Alberta Health Services if you wish to enter the 90 day Young Adult Program.

Your guide to the application form:

- Complete the first 7 pages of the application form. A referral source may help you with the process of completing page 8 as they will need to include their contact information and sign the bottom of the section. Remember to complete and sign all necessary portions.
- A physician must complete pages 9, 10, and 11.
- Poundmaker's Lodge Treatment Centres requires a completed and signed application form before an admission date can be set. All 12 pages of the completed application with the proper signatures can be faxed to 780-459-1876, or emailed to admissions@poundmaker.org or mailed to:

Poundmaker's Lodge Treatment Centres
Box 34007 Kingsway Mall PO
Edmonton, AB T5G 3G4

Please note:

If you are a self referring client or if you are paying for a portion of your treatment, this fee is due 1 week prior to your intake date.

Financial Requirements

1. Alberta clients: (must provide a current and valid Alberta Health Care number on the application form): Treatment service charge of \$40 per day. Must have an agency providing funding confirmation OR if self paying, payment for the full amount 1 week prior to admission for treatment.
2. For clients outside Alberta: Treatment service charge of \$150 per day. Must have an agency providing funding confirmation OR if self paying, payment for the full amount 1 week prior to admission for treatment.
3. For clients outside of Canada: Treatment service charge of \$250 per day. Must have an agency providing funding confirmation OR if self paying, payment for the full amount 1 week prior to admission for treatment.

Please do not come to Poundmaker's Lodge Treatment Centres until you have confirmed your admission date directly with the Admissions department. You will not be given an admissions date until the application form is completed with all appropriate signatures, the medical portion is completed by a doctor and funding confirmation or payment has been received.

- 1 a) Admissions date will not be given until Poundmaker's Lodge receives a completed application and it has been reviewed. A completed application form includes:
 - Signature from the applicant on page 6
 - If being referred by an agency, your referral will need to complete page 7, including signature
 - Medical assessment must be completed by a doctor on pages 8 to 10. Please note the medical assessment requires 3 signatures.
 - Funding confirmation. So who will be paying for your treatment? If self paying, treatment costs must be paid 1 week prior to your intake date.
- b) Once an application is complete, the Admissions department will send you a letter indicating your intake date.
2. Depending on your current medications, our Medication Administrator may need to speak to you or your doctor about your prescription(s) or over the counter medication(s).
3. Should your medications change prior to coming to Poundmaker' Lodge, please call our Admissions department at 780-458-1884 between 8:00 am to 4:30 pm Monday to Friday. If you arrive with restricted medications, your admission may be delayed.
4. If you are having difficulty refraining from the use of drugs and alcohol, please call the Addiction Recovery Centre at 780-427-4291 or George Spady at 780-424-8335 for detox services. You must have a minimum of 72 hours of clean time from alcohol and drugs to participate in the program otherwise you may be denied admission.
5. Do not schedule any appointments (personal, legal, dental, optical or medical) for the period while you are in treatment at Poundmaker's Lodge. You need to focus on your treatment program while you are here.
6. You will be sharing a room with one or two other individuals.

What to Bring to Treatment:

- 2-4 towels and at least 2 face cloths
- One extra large towel for the sweat lodge ceremony every Friday afternoon
- An ankle length night gown or skirt (ladies) or swim trunks (Men) for ceremonies. Poundmaker's Lodge has skirts you may borrow of you do not have one.
- Toiletries: shampoo, soap, toothpaste and brush, personal hygiene items. Please note that Poundmaker's Lodge does not allow shaving razors so please either bring an electric razor or hair removal crème.
- Proper footwear and clothing for recreational activities (indoor/outdoor sneakers, boots, etc)
- Swim wear: ladies cannot wear midriff showing bathing suits and men are not permitted to swim in denim cut off shorts. Men and women alternate weeks to go swimming on Friday evenings.
- Smokers should bring enough tobacco to last their first 21 days of treatment as there will not be opportunities to purchase cigarettes until they are eligible for a Sunday pass.
- Alarm clock
- 2 day supply of your prescribed medications
- Small amount of cash for prescription medications and use of the vending machines. Note there is an ATM on site.

What NOT To Bring To treatment

- Cell phones (if you must bring your phone, please note you will not be permitted to keep it on your person. You must turn it in to staff during intake without exception; failure to do so can result in termination)
- Cameras, lap tops, ipods and all other electronic devices
- Prescription or mood altering drugs that could be considered habit forming or addictive and **any medication, vitamins, supplements, herbs, etc not on your medical sheet in your application. This includes non prescribed over the counter medications, Advil for example.**
- Perfume and cologne (this is a low scent facility therefore these items will be collected and returned to you when you leave)
- Inappropriate clothing (tank tops, sleeveless tops, midriff baring tops, references to drug/alcohol or profanity, skin tight or low riding pants, hats)
- Large sums of money or expensive jewelry
- Pornography, adult magazines or posters
- **No personal bedding.** Poundmaker's Lodge will provide adequate bedding for you to use during your stay.

Please note:

- Certain items are not allowed to be kept in your room and must be returned to your assigned bin when not using them (flat or curling irons, and items containing alcohol such as hairspray and lotions)
- **If you arrive at Poundmaker's Lodge with items that are not permitted, you will not be allowed to have them in your possession while in treatment. They will be safely stored for you until you leave.**

The Program

The 42 and 90 day programs consists of group counselling, lectures, workshops, self help meetings and leisure activities that occur through the day and evening hours.

Sunday Passes

- Passes are issued for Sundays between 9am and 9pm. You can receive your first pass after 3 weeks and you are responsible for obtaining your own transportation for that day.

Visitors

- Visiting hours are Sundays from 1pm to 6pm. Clients are responsible for their visitors and children must be supervised at all times.
- Visitors must follow the House Rules or they will be asked to leave.
- Visitor cell phones and cameras are not permitted in Poundmaker's Lodge.
- Visitors and clients must display appropriate boundaries, no inappropriate (physical/sexual) contact permitted
- Visitors must remain in designated areas: lounge area, dining hall and client smoking area. Visitors are not permitted into the clients' bedrooms.
- Visitors can eat in the dining room with meal tickets purchased at the front desk (\$10/ticket).
- Visitors may bring items for client use (tobacco, clothing, food) but are subject to a search by staff.
- Out of town visitors who want to visit outside of regular visiting hours must receive prior written permission from the client's Addiction Counselor.

Client Searches

- In order to increase the safety and security of staff and clients, searches may be made of client belongings upon admission and returning from off site time. Packages mailed to clients in treatment will also be searched before being released to the client.

Medications

- Please bring a 2 day supply of your prescribed medications. Your prescriptions will be transferred from your current pharmacy to Halls Pharmacy in Edmonton to supply you with the rest of your medications while you are at Poundmaker's Lodge.

Clothing and Laundry Facilities

- We suggest that you bring appropriate, comfortable clothing to wear during your stay here. Do not overpack as we have washers and dryers here for your use. You are sharing your room with at least one other person and there is minimal storage space.

Telephones

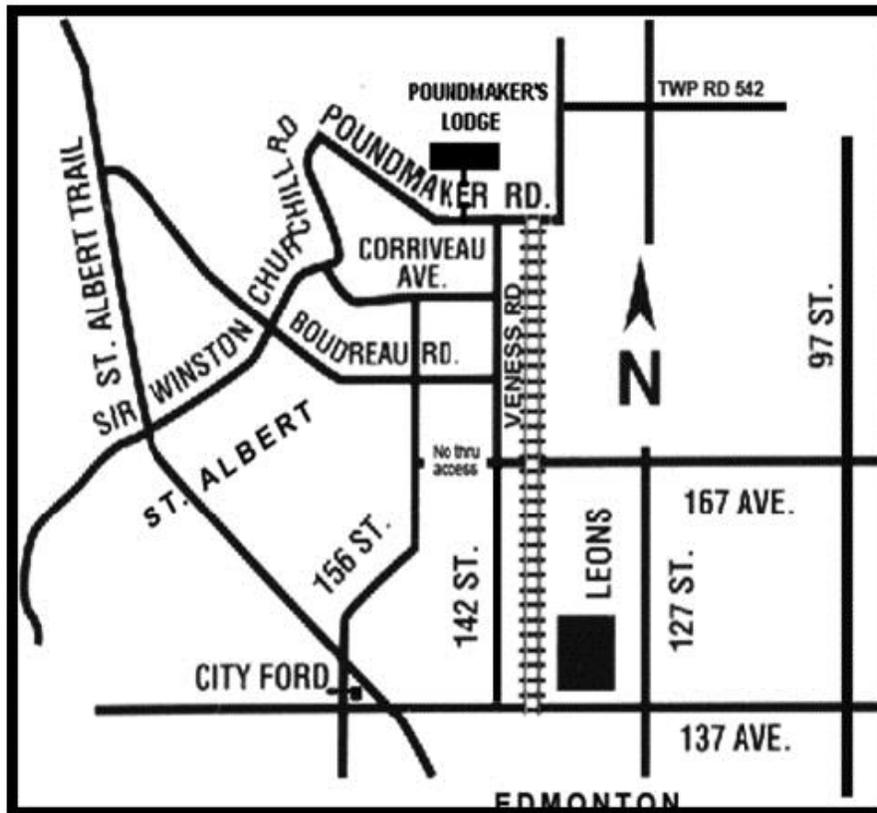
- Due to our confidentiality policy, we do not respond to telephone enquiries about your participation in treatment at Poundmaker's Lodge. Incoming calls for clients will be forwarded to their Addiction Counsellor who will give the message to the client.
- Calling cards for long distance personal calls can be purchased at reception.

Safekeeping

- Poundmaker's Lodge is not responsible for lost or stolen items. You will be given your own locker and lock for your valuable items to be stored during your time in treatment.

Dietary Restrictions

- If you have dietary restrictions, they must be indicated by your doctor in the medical portion of the application form. Our Admissions department will then inform our kitchen so that you are provided a special menu.



Physical address:

Poundmaker's Lodge Treatment Centres
25108 Poundmaker Road, St. Albert, AB