



Family Sober Living

Keeping Families Together

Residents in Recovery (RinR) has a goal to keep families together whenever possible. Providing a safe and supportive living environment to heal from trauma and addiction promotes positive outcomes for the entire family. Whether mom is seeking addiction recovery support during her pregnancy or immediately after giving birth, or perhaps is seeking support to get her child(ren) back after they have been apprehended, RinR can provide an innovative continuum of care that keeps, or reunites, children with their mother. Fathers can be reunited as well. The cycle of addiction can be broken when parents and children get the healing support that they need to change their story.

Residents in Recovery Society

Residents in Recovery (RinR) provides sober living and outpatient recovery support to individuals in the greater Lloydminster region. RinR operates four houses in Lloydminster for adult pre- and post-treatment sober living, a 5-unit complex for single parent family sober living, and a 10-bedroom treatment home for apprehension diversion sober living. The downtown recovery center is a hub of activity throughout the week with the adult sober living clients attending daily recovery-related programming and activities. Much of the programming and activities are open and available to public, free of charge. The services offered at the center bridge the support gaps that exist within our traditional approach to treating addiction.

Family Sober Living

The RinR Family Sober Living program is a person-centered program that supports the integration of children into the recovery process, regardless of their stage of recovery. The RinR Family Sober Living programs are as follows:

- Supervised and unsupervised weekend

visits for adults in both the pre-treatment and post-treatment sober living homes for males and females.

- Supported abstinence for mothers in their third trimester including 24/7 supervision and monitoring.
- 24/7 In-home supervised support for mothers that have given birth to a child that was exposed to drugs in utero and are at risk of apprehension.
- Post-treatment sober living for both mothers and fathers that have completed residential treatment and are being reunited with their children.



Apprehension Diversion Home

Apprehension Diversion Sober Living has two stages with the following objectives in mind.

- Stage 1 – Sober living for pregnant mothers. Promotes the healthy development of the unborn child, especially in the third trimester.
- Stage 2 – Sober living for mother and newborn. Reduces the incidence and necessity for the apprehension of newborn babies, due to exposure to drugs.
- Prenatal and birthing support.
- Promote the healthy attachment between mother and child in the weeks following the birth of the child.
- Ensuring that both mother and baby's needs are met, building positive parenting skills, lactation consultation and postpartum support.
- Leveraging the motivation to change due to childbirth, to promote abstinence and build recovery capital.
- To provide a continuum of care for addiction recovery that incorporates the newborn child in the process.

This secured home is staffed around the clock with Client Support Workers that provide support as well as supervision. Clients receive support from addiction counselors, a social worker, an elder, community supports and other trained support staff. Each room is furnished with a twin bed for mom and a crib and change table for baby. Every room has a private 4-piece bathroom including a bathtub.

Mother and baby can reside in this home for as long as necessary and until mother is ready to transition to post-treatment Family Sober Living, or out on her own.



Post-Treatment Family Home



Post-Treatment Sober Living has the following program components.

- Secured and monitored 5-unit complex.
- Each single-parent family has their own furnished two-bedroom unit, including in-unit laundry.
- Immediate access to 24/7 support.
- Supported by mental health and addiction counsellors, dedicated social worker and other highly trained staff.
- In-house community support.
- Group programming that focuses on both parenting and addiction. Intensive trauma-informed care.
- Weekly meetings with counsellor and social worker to develop case plans, monitor goals and transition seamlessly back into the community.
- Cultural support through elders and access to ceremonies and other activities.

This program is for both single mothers and fathers. Families can reside in this home until they are ready to transition safely into the community.

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