



Harvest House Ministries Program Information

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Welcome!

Harvest House is a long-term, residential addiction treatment program located in Ottawa. Our mission is to rehabilitate young chemically dependent men and instill an inner change brought about by faith in Jesus Christ. However, being a Christian is not a requirement for admission. We are welcoming and open to all.

Harvest House is a therapeutic community. It is about creating a base of support, openness, and accountability as we work towards lasting recovery. The idea that you cannot do it alone is at the heart of our program. We all need support in the recovery process and that is where the therapeutic community comes in.

During your time here, you will be encouraged to share your struggles, seek help from those with more sobriety, and support your peers in their recovery journey.

Changing your life takes time. That is why we are a one-year program. It is also why we encourage graduates to stay part of the community. To maintain lasting sobriety, it is vital to have a foundation of support from people who have been where you are.

Our goal at Harvest House is about more than helping residents quit drugs and alcohol. We work to give each resident the tools he needs to succeed in all areas of life. We do not just want to help you get sober; we want to help you enter a bright future.

Our objectives are:

- 1. To address the individual needs of each resident, recognizing that each of us comes to recovery with different backgrounds, experiences, and issues.**
- 2. To help residents see the root causes of their addictive disease and give them the tools they need to achieve and maintain sobriety.**
- 3. To provide skills training and educational opportunities so that residents can reach their full potential.**
- 4. To show residents that change is possible for them and help them overcome the obstacles that stand in the way of achieving that change.**
- 5. To provide ongoing support to program graduates as they build upon the foundation of recovery they have established at Harvest House.**

The Program

We provide a variety of rehabilitative programming to our residents. These program elements offer our clients tools to overcome their addictions while also helping them to address the underlying patterns of thought, emotion, and behaviour that underlie their addiction. In addition, other program elements help prepare our residents for successful reintegration into the community.

PERSONAL DEVELOPMENT (PD)

Personal development or “PD” meetings have been a staple at Harvest House since it began. PD is a place where you can come and share about yourself. We encourage you to share about your past, your addiction, the problems it has created in your life, your goals, or any difficulties you are currently having in the program.

Staff members guide the group and share about their recovery journey. They provide feedback to help residents look more closely at the obstacles, beliefs, and behaviours that stand in the way of their recovery and personal growth. We also use these to address issues that impact everyone living in the facility.

PD meetings are held three times a week, but we sometimes have them at unusual times when an issue arise.

Our goal in these meetings is to help you do the following:

- **Get to the roots of your addiction**
- **Identify the triggers that lead you to relapse**
- **Practice honesty**
- **Gain a sense of community and belonging**
- **Learn accountability**
- **Become more self-aware**
- **Learn to share about your struggles and experiences**
- **Take strides towards lasting personal change**

A NEW DIRECTION

A New Direction is a class that addresses addiction and criminal behaviour simultaneously. It was created by the Minnesota Department of Corrections and Hazelden Publishing.

In this class, you will learn that thoughts are behind all actions. We do not just react to situations or events; we act based on our beliefs about those situations and circumstances. A New Direction helps you identify and begin to change the patterns

of thinking that have caused problems in your life.

This class teaches you about the disease of addiction, the process of recovery, and the practices needed to maintain lasting change. The workbooks for this class explain key ideas, provide personal reflection questions, and serve as the base for group discussions.

In A New Direction, we cover things like:

- **How to examine thoughts, feelings, and behaviours to see if they are causing problems**
- **The disease of addiction and its impacts**
- **Rebuilding positive relationships**
- **Healthy communication skills**
- **Identifying triggers for relapse**
- **Creating a relapse prevention plan**
- **Setting short-term and long-term goals for a successful, sober life**

ANGER MANAGEMENT

In Anger Management, you will learn how to express your feelings in appropriate and positive ways. It is not about getting rid of anger but about helping you learn ways of controlling your anger rather than letting it control you.

Anger can be a powerful emotion that makes it hard to notice the other things we are feeling. This class will teach you how to identify and respond appropriately to anger and other emotions beneath it.

The class is discussion-based and uses Anderson and Anderson's Gaining Control of Ourselves workbook. The classes provide a space for learning and practicing new skills for dealing with the stressors and emotions of daily life.

We cover things like:

- **The causes and costs of anger**
- **How to become more self-aware**
- **Stress management**
- **Emotional intelligence**
- **Thinking of outcomes before acting**
- **Dealing with high-risk situations**
- **Communicating positively with others**

CELEBRATE RECOVERY

Celebrate Recovery is a recovery program based on the 12 steps of Alcoholics Anonymous. It relates each aspect of the 12 steps to principles from the Bible. Over 5 million individuals worldwide have completed parts of this program.

You will receive a workbook in this class and be expected to complete readings and answer reflection questions. Although the material focuses on Christ as the Higher Power, you can apply it to your own beliefs if you come from a different spiritual background.

In Celebrate Recovery, you will learn about things like:

- **The importance of recognizing that we cannot do it alone and need help**
- **The problem of relying on our understanding**
- **Our need to turn from our old ways of thinking and acting**
- **Accountability**
- **How to look honestly at the ways our actions have harmed ourselves and others**
- **What it means to admit your faults and make amends**
- **Forgiveness**
- **Daily journaling and reflection**
- **Preventing relapse**
- **Gratitude and helping others**

CHOOSING NON-VIOLENCE

The Choosing Non-Violence class at Harvest House is based on the well-known Domestic Assault Intervention Program, often called the “Duluth Model” . This program was built by listening to victim's experiences of domestic violence.

In this class, we define violence as any action used to control or intimidate another person. It can include name-calling, throwing things, making threats, stealing, and humiliation. Violence in any form destroys relationships and families.

This class will ask you to look at your beliefs about violence, conflict, and relationships. Our goal is to help you learn what it takes to choose non-violence when conflicts arise in your relationships with others.

We cover things like:

- **Making your partner feel safe and comfortable expressing herself**
- **Respecting your partner**

- **Building trust and support**
- **Honesty and accountability**
- **Sharing responsibilities**
- **Being a positive role model for children**
- **Making decisions together**
- **Working as a team**
- **Negotiating fairly and resolving conflict**

GENERAL EDUCATIONAL DEVELOPMENT

While at Harvest House, you will have the opportunity to prepare for and take the General Educational Development (GED) test. The test covers these five subjects: Reading, Writing, Social Studies, Science, and Math. Once you have been here for a few months, you can start participating in our GED prep classes.

By passing the GED test, you will earn a high school equivalency certificate that is internationally recognized. Earning the GED certificate gives a big sense of accomplishment. If you choose, it is only the start of the success you can achieve in sobriety! After passing the GED, several Harvest House graduates have gone to college and university. Some have even earned Masters degrees and PhDs!

HARVEST HOUSE CHRISTIAN FELLOWSHIP

On Sunday mornings, Harvest House residents and many staff members attend a church service through Harvest House Christian Fellowship. These services happen at the main facility, so there is no need for residents to go anywhere in order to attend.

SKILLS DEVELOPMENT

Everyone who comes to Harvest House has skills that their drug use and lifestyle have hidden. We want to help you discover what skills, talents, and interests you have and then help you develop them! Participating in skills development activities also means you have something to put on your résumé when you leave Harvest House. Many of these activities are also considered volunteer hours, and we include mention of them in any progress reports we write you for court.

Here are some examples of skills development activities:

- **Producing wood furniture and other handmade products that are sold to members of the Ottawa community as part of our fundraising**
- **Participating in telephone sales of Harvest House products**
- **Speaking with students in the Ottawa area about the consequences of drug use through our Values, Influences, Peers program**

- **Completing “Senior Resident on Duty” shifts that involve helping to monitor the front desk, take attendance, and keep a daily record of activities**

VALUES, INFLUENCES, AND PEERS (VIP) PROGRAM

For years, Harvest House residents and graduates have been going into schools in the Ottawa area to share their experiences of addiction with students. This program is called “Values, Influences, Peers” or “VIP.” The program’s goal is for students to learn from the presenters’ mistakes and choose not to abuse drugs and alcohol. Usually, residents who do the VIP presentations have been at Harvest House for at least six months. You may be asked to participate in VIP at some point later in your stay. It is an excellent opportunity to develop speaking skills and become a positive influence in others’ lives. Residents find it an enriching experience, and the teachers and students always have great things to say about VIP presentations!

DEVELOPING A PERSONAL PROGRAM

Recovery is about more than attending meetings, classes, and skills development activities. It is important that you begin to develop your own daily recovery routine based on completing recovery tasks.

Recovery tasks are things that help you stay sober and avoid relapse. Here are some common examples of recovery tasks:

- **Talking to a sponsor or counsellor**
- **Reading the Bible or recovery literature**
- **Journaling**
- **Memorizing Scripture**
- **Doing a Thinking Report**
- **Working through AA 12-step tasks**
- **Completing homework assigned for the classes**

Incorporating these activities into your daily routine is how you develop a personal recovery program. Over time, these activities will change you, helping you overcome your problems and difficulties and develop a new way of living sober.

Think of it this way. Someone might go into a hospital because they are sick. Just spending time inside a hospital room does not make the sickness better. Neither does talking to a doctor. To get better, patients in a hospital need to follow whatever treatment the doctor prescribes. In the same way, you have come to Harvest House with a problem (an addiction), but just being in the classes or hearing the counsellors talk will not cure you. The only thing that will help you with your problem is taking what the counsellors recommend and doing it by incorporating it into your daily routine. They say that you eat an elephant one bite at a time. The same is true for changing a lifestyle. You change it one habit at a time.

Year One

The Harvest House program is one year long. At the start of that year, it might feel like a long time. Our program is indeed longer than a lot of other treatment programs. It is like that for a reason. Addiction is not something that happens suddenly – it develops over time. That means that it also takes time to learn the tools you need to overcome it – and to practice using those tools.

We do not just want to help you stay sober for a few weeks or months. We want to teach you how to live sober one day at a time until those days gradually add up to a lifetime. We also want to help you develop skills that will help you succeed in every area of your life.

During your year at Harvest House, you will be attending various classes. You will also get individual counselling, learn how to develop a personal recovery program with your counsellor, set short and long-term goals, and begin developing employable skills.

Keep in mind: You will get out of the program what you put into it. Sitting in the classes and attending counselling sessions will NOT change your life. What WILL change your life is taking what you learn in these classes and counselling sessions and applying them in your daily life.

Re-Entry

We strongly encourage graduates of the one-year program to stay for a second year. In Year One, residents learn the basic skills they will need to stay sober, but in Year Two, they get the opportunity to start practicing those skills while starting their reintegration into society.

Graduates of the one-year program who decide to stay for a second-year move to one of our second stage houses (“re-entry”). While living in re-entry, residents get more independence and responsibility. Each day, they come to the main house and still participate in recovery meetings. Living in re-entry is a chance to develop a firm basis in recovery by practicing all the skills to lead to life-long change.

While living in re-entry, residents also continue developing skills that they can put on their résumé – things like salesmanship, woodworking, and leadership opportunities. Many also work on completing their high school equivalency and begin working towards post-secondary education. We want to help program graduates create a foundation for a successful, fulfilling life!

Frequently Asked Questions

HOW MUCH DOES THE PROGRAM COST?

We do not charge a fee for our addiction treatment services (i.e. the classes, counselling, skills development, etc.), but we do charge room and board to cover your living expenses (i.e. things like food, heating, hydro, etc.). If you are already on social assistance, like ODSP or Ontario Works, the room and board portion of your monthly allowance would cover these costs. If you are NOT on social assistance, do not worry. We can help you apply for social assistance so that your room and board will be covered.

CAN NON-CHRISTIANS APPLY TO THE PROGRAM?

YES! We are open and welcoming to people of all religious and non-religious backgrounds. We follow the 12 step model of recovery, which emphasizes the importance of spirituality and developing a relationship with a Higher Power. For many residents, graduates, and staff, that Higher Power is Jesus Christ. However, we have welcomed many residents of other faiths and many agnostics over the years.

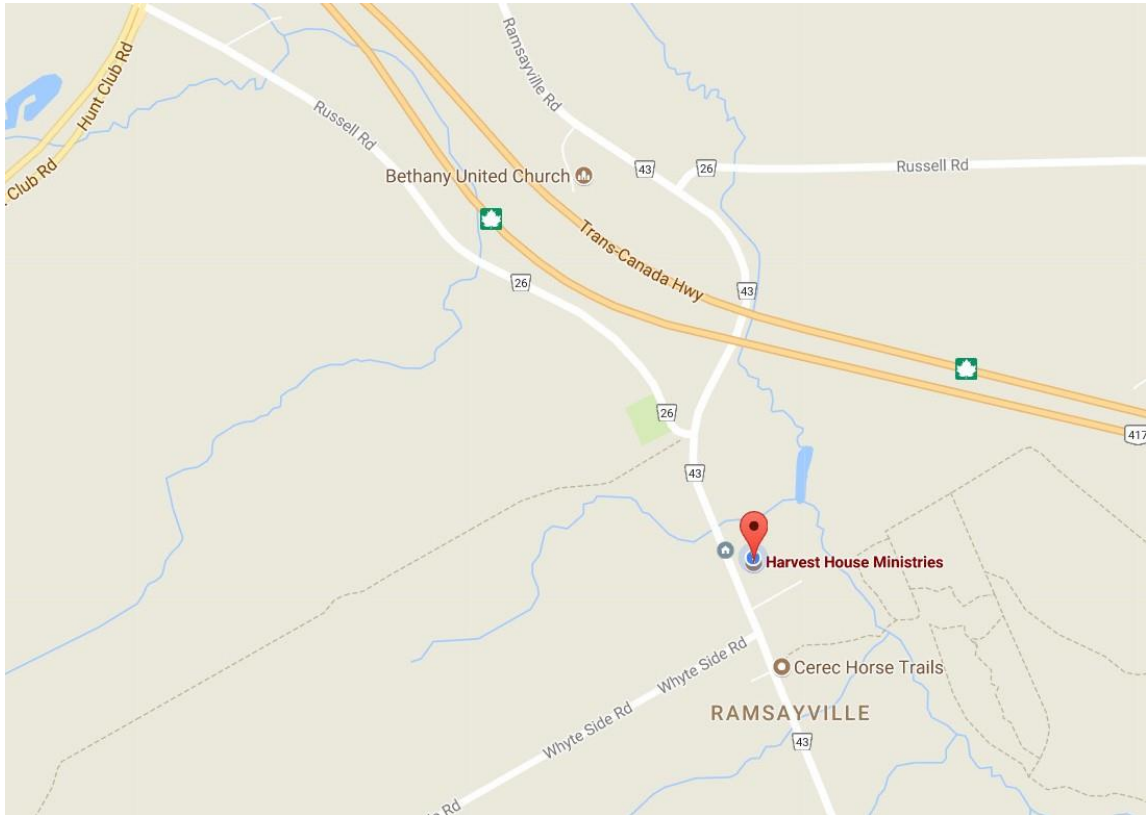
HOW CAN SOMEONE GET INTO THE HARVEST HOUSE PROGRAM?

If you would like to apply to come to Harvest House, you can start the process by calling us at 613-521-9114 during business hours (i.e. Monday to Friday from 9:30am to 4:00pm) and ask to complete an application. If you are in jail, you can call collect. Please note that we do not accept collect calls outside of business hours.

When you call, the receptionist will transfer you to one of our counselling staff, who will complete a 20-minute questionnaire with you over the phone. We will ask you questions about your addiction, health issues, living situation, family, employment, outstanding criminal charges, and so on. These questions give us a better understanding of what your current needs are. If you have outstanding charges, we will ask your permission to contact your lawyer for additional information about your charges and criminal record.

After you complete the application, we will ask you to call back in a couple of days for a decision. In the meantime, we will review your application. At this stage, our job is to consider your needs and try and determine whether our program is suitable to meet those needs. If the answer is yes, we will move your application to the next stage. If you are not in custody, we will contact you to arrange a time for you to come for admission. If you are in custody, we will contact your lawyer to discuss options for conditional release.

If you have additional questions that were not answered above, please feel free to call us to ask one of our counsellors. We hope to hear from you!



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