



# Continuing Care Program

Continuing Care services are an integral part of Southdown's residential program. This follow-up program provides crucial support to both the individual, and diocesan or community leadership during the critical period following residential treatment for a minimum of 18 months.

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## Overview

During the last month of residency, participants meet weekly, both as a group and individually, with a Continuing Care Coordinator to reflect on their experience and to prepare for the transition back to ministry and daily life. A Discharge Planning Conference, a meeting with the resident, the primary therapist and the leadership representative, is facilitated by the Continuing Care Coordinator.

Following residential treatment, each individual is scheduled to return to Southdown for a minimum of two intensive workshops. The first three-day workshop is usually scheduled between three and six months after discharge, with a second workshop scheduled around the 14 – 18 month mark. At these workshops, recovery issues specific to each person, as well as concerns regarding ministry or placement are addressed.

Each person's leadership representative is invited to attend the first day of the initial workshop. Sessions specifically directed toward leadership concerns, including strategies for intervention and mental health education are provided.

The Continuing Care Coordinator maintains contact with former residents and their leadership in various ways. At any time during the post-residence period, the Coordinator is available for consultation with an individual, or a concerned person from the diocese or community, to assist with any questions or issues that may arise. Immediate advice or assistance is only a phone call away.



For additional information, to discuss individual needs or concerns, or to schedule an appointment, please call us at **905 727 4214** or e-mail [administration@southdown.on.ca](mailto:administration@southdown.on.ca)