INFORMED CONSENT
Residential Addiction Treatment

NATURE AND PURPOSE OF TREATMENT

The treatment provided at De Novo Treatment Centre is designed to support recovery from addiction, specifically substance abuse (alcohol and drug use). The program includes individual and group therapy sessions, one-on-one sessions, and activities/meetings aimed at developing coping strategies and life skills. Treatment is focused on helping you achieve and maintain sobriety, improve mental health, enhance overall well-being, and achieve personal goals. To realize these goals, you must be fully engaged in the treatment process. The treatment provided is subject to certain limitations, including but not limited to, the duration of the program, availability of staff, and your commitment to the process. The program does not guarantee specific outcomes, and you are responsible for actively participating and engaging in your recovery. It is important that you understand being fully engaged in the treatment process is your personal responsibility.

Residential Addiction Treatment Program

- 35-day residential program utilizing the Minnesota Model (12-Step), Stages of Change Model, Cognitive Behavioural Therapy, Harm Reduction, and other proven treatment modalities.
- Education and program content is presented in group sessions (28-33 hours per week) to enhance life-skills as well as mental, emotional, spiritual, and physical health.
- 12-Step meetings are scheduled throughout the week.
- Individual counselling sessions with qualified addiction counsellors.
- Access to medical services is available as individual health concerns arise.

Aftercare Program

- Weekly meetings offer ongoing support for recovery maintenance, life-skills enhancement, and relapse prevention.
- Supportive phone consultations with counsellors for up to one year.
- Prior to completing the residential program, residents have several options available to develop a personal aftercare component.

Family Program

- Running approximately once every five (5) weeks, both in person and virtually.
- Focus is on the family member, the disease of addiction, and its impact on the family unit.
- Topics include Al-Anon, self-care, healthy communication, setting boundaries, detachment, grief, and healthy support systems.

PARTICIPATION IS VOLUNTARY

…And you are not being coerced or forced to stay at the treatment centre or participate in the treatment program. You have chosen to participate in the treatment program and may choose to leave the program at any time. You accept the responsibilities and the requirements of being a participant at De Novo Treatment Centre, as defined in this Informed Consent document and the Program Information and Referral Guide document. If you are not agreeable and choose to not accept the responsibilities and requirements, you choose to not participate in the treatment centre and treatment program.

BENEFITS of attending Residential Addiction Treatment include but are not limited to, in no specific order:

- Sobriety and living without active addiction.
- Regaining control of life and countering the effects that addiction has.
- Improving physical health and reducing the risks of health conditions associated with substance use.
- Improved mental and emotional health and reduced risks associated with substance use.
- Developing life skills to reduce unproductive patterns of behaviour and incorporate positive and productive patterns of behaviours into various areas of life.

- Renewed sense of purpose and hope.
- Exposure to a community of peers. Knowing that there is a community of people who face the same challenges.
- Sense of healthy accomplishment.
- Opportunity to build confidence, self-worth, and self-esteem.
- Learn tools to support long-term sobriety / recovery / healing.
- Reduction or elimination of unhealthy, destructive behaviours.
- A safe place to engage in vulnerability and healing.
- Establish healthy interests and hobbies.
- Learn accountability and responsibility.
- Learn relapse prevention strategies.
- Develop new coping skills and strategies.
- Comprehensive support.
- Learn the value of keeping a daily schedule and following through with commitments in a structured environment.
- Access to evidence-based treatment.
- Access to engagement with like-minded people. This allows for the dissolution of stigma associated with addiction.
- Improved health and quality of life.
- Increased self-awareness.
- Exposure to and practice of vulnerability and trust.
- Learn what triggers mean and what personal triggers are.
- Opportunity to realign with personal values.
- FREEDOM from the compulsion associated with addiction.

RISKS of attending Residential Addiction Treatment include but are not limited to, in no specific order:

- Experiencing emotional discomfort and distress.
- Possible physical discomfort related to the withdrawal process.
- Following expectations, behaviours, and rules of the residential treatment centre that you may not agree with.
- Being held accountable to the outcomes and consequences of your behaviours.
- Living in a congregate setting with other people and not getting to choose who you live with.
- Emotional overload / burnout.
- Peer dynamics and interactions.
- Lack of “real world” preparation. Trying to simulate real world experiences in the “treatment bubble.”
- Romanticizing substances in their absence.
- Re-traumatization, if you become too focused on the cause of your addiction being associated with past trauma.
- Shame or a sense of failure if you do not complete the program.
- False sense of hope, if you believe that 35 days in residential treatment will be the “fix” to everything.
- Underestimating real world challenges.

- Neglecting to recognize that the world has not changed over the duration of treatment and that similar challenges are waiting for you when you leave treatment.
- Un-met expectations around stakeholders forgiving, forgetting, and embracing you after graduation program.
- False sense of confidence on completion.
- Unrealistic expectations around the program or your counsellor.
- Philosophical misalignment or believing there is only one way to recover.
- Difficulty transitioning back to your life after treatment.
- Competition / comparison to the progress of others.
- Hope based on the promises made by others.
- Not allowing oneself to engage authentically.
- Intimate or romantic relationships can occur for people experiencing common periods of transition.
- Not all residents share the same commitment or perspective on their recovery.

YOUR RIGHTS

- **You have the right to be treated with respect and without discrimination.**
- **You have a right to personal safety** and protection from any and from all forms of physical, sexual, and psychological abuse and harassment.
- **You have a right to the protection of your personal property**. No staff member may borrow, or take possession of your personal property, except in cases in which your property poses a danger to you or to others, or when your possessions will be held for safekeeping in a secure location. If you believe you have had your property stolen or taken or used without your permission, you have a right to have the incident investigated.
- **You have a right to preserve your personal spiritual beliefs**. While there are spiritual dimensions to the services offered, these dimensions are not meant to oppose your personal spiritual beliefs. You have a right to receive respect for your own spiritual beliefs.
- **You have a right to be treated respectfully by staff, by volunteers, and by fellow clients.** Disrespectful or threatening language and behaviour including those based on race, creed, gender, ethno-cultural background, sexual orientation, or socioeconomic status is not condoned.
- **You have a right to ask questions and to receive honest answers**. Questions will be answered honestly.
- **You have a right to make a complaint or appeal any decision made concerning you, or actions taken relating to you.** If you cannot resolve a concern after raising it with the staff member who made the decision, you have a right to appeal it to the Director of Programs, Executive Director, then to the Board of Directors if necessary.
- **You have a right to privacy and confidentiality**. No staff member of De Novo Treatment Centre will reveal information about you to other clients or anyone not affiliated with providing you services at De Novo Treatment Centre (including your family members and friends). De Novo Treatment Centre pledges to obey all laws and government regulations relating to the protection of your privacy.
- **You have a right to access your personal information.**
- **You have a right to have your addiction treated professionally and competently. De Novo staff are trained to perform their duties**. You may ask them about their qualification(s).
- **You have a right to make decisions about service and participation, including your right to refuse or stop services.** You have a right to receive a comprehensive assessment, be informed of your treatment options, and collaborate in the development of your treatment plan and discharge plan. At any time, you have a right to provide input into your care plan.

- **You have a right to refuse to perform unsafe tasks**. Keeping a hygienic and clean environment is a responsibility of all residents. You have a right to refuse to perform any such activity if you consider it unsafe or if you feel you do not have proper training or supervision while performing the task.

YOUR RESPONSIBILITIES

THE FOLLOWING BEHAVIOURS RESULT IN IMMEDIATE DISCHARGE.
Pending a review of the circumstance, future re-admission may be denied.

- Perpetrating physical, sexual, or psychological violence including weapons offences.
- Possession, use, distribution, and / or concealment of substances of use / abuse.
- Destruction, vandalism or theft of De Novo property, or property of another resident or staff member. Police may be notified.

THE FOLLOWING BEHAVIOURS RESULT IN IMMEDIATE DISCHARGE.

- Concealing/diverting/sharing personal medications of any kind.
- Gambling of any kind, such as lottery tickets, poker, or betting on sports or games.
- Use and / or distribution of pornography or materials related to pornography.
- Engaging in sexual activity with another person.
- Absence from De Novo property without approval.

THE FOLLOWING BEHAVIOURS RESULT IN A BEHAVIOUR CONTRACT
Lack of progress towards behaviour contract goals may result in discharge.

- Behaviours that are not compatible with developing and supporting a physically and psychologically safe and therapeutic environment for residents and staff.
- Sexualized behaviours or the sexualization of co-residents and / or staff.
- Consistent pattern of not engaging in treatment plans, goals, and treatment programming.
- Behaviours inconsistent with **General Responsibilities** as listed in this document.

GENERAL RESPONSIBILITIES

- All personal and professional business must be taken care of prior to admission, unless negotiated in advance. Examples include legal / court, finances, EI, employment, etc.
- Drug Screenings will be completed upon admission. De Novo reserves the right to complete drug screening upon returning from an unsupervised outing, and as required by the treatment team. Positive (+) results at admission may result in your admission date being deferred. Positive (+) results while in residence will result in discharge.
- Attendance and participation in all treatment programming is expected, unless negotiated with staff in advance. This includes daily groups, meals, 12-Step meetings, and one-on-one sessions.
- The information that is discussed in groups, meetings, and individual settings is confidential and not to be shared in any format, unless there is a concern for safety or in relationship to Rights and Responsibilities.
- Residents self-administer their prescribed medications as directed by their prescriber.
- Residents are assigned chores and are expected to complete assigned chores to the best of their ability daily. You will notify a staff member about any health concerns related to specific chores.
- Smoking / tobacco use is allowed in the designated areas, outside of the building only. Vaping, e-Cigarettes, pipes, and cigars are not allowed. Sharing or selling tobacco products is not allowed.
- Residents will not enter another resident's bedroom, regardless of gender.

- Residents will not use the exercise equipment unless supervised by the personal trainer or a staff member. Personal exercise or rehabilitation equipment (e.g., foam rollers, exercise balls, resistance bands, TENS machine, handheld massagers) are not allowed without documentation from a qualified practitioner.
- Residents are expected to be neat in appearance, shower on a regular basis, and wash their clothes on a regular basis.
- Residents are expected to make their beds before morning group and keep their bedroom clean and orderly. Resident bedrooms are checked daily.
- Personal towels and toiletries will be stored in your room.
    - Residents will not share toiletries or personal items (e.g., razors, clippers, soap).
    - Communal washrooms are checked daily, and personal items will be removed.
- Residents will not borrow money from another resident.
- Personal entertainment devices are not allowed for use while in treatment, including cell phones, cameras, laptops, gaming devices, etc.
- Clothing must be worn that provides coverage of an individual's upper torso including shoulders, midriff, and pelvic / buttock area. A sleeveless shirt is allowed during workout times.
- Clothing displaying logos, slogans, or images that communicate profanity, vulgarity, discrimination, substance use, or sexualization are not allowed.
- Head coverings including hats, bandanas, hoods, and sunglasses are not worn inside the Treatment Centre building, unless for cultural / religious reasons.
- Food is consumed in the dining area only. Beverages may be consumed in the dining area, foyer, and designated smoking sections only. Water is allowed anywhere in the Centre.
- Outside food or beverages are not allowed.
- Images or communications from family or loved ones should be sent via post (mail). For privacy and security reasons, email communications through De Novo email are not allowed.
- Emergency exits, emergency ramps, and emergency stairways are used for emergencies and fire drills only.

As a Unionized Member or Affiliate / Employer or Affiliate who is seeking services of De Novo Treatment Centre, if you are experience an administrative discharge, your Union Business Associate / Business Manager / Authorizing Agent will be notified of your discharge. Readmission may occur no earlier than thirty-five (35) days after discharge and may be conditional on your commitment to the Resident Responsibilities of De Novo Treatment Centre, and at the discretion of the Executive Director or designate, in negotiation with the Business Associate / Business Manager / Authorizing Agent.

PRIVACY STATEMENT

De Novo Treatment Centre will collect, use, and disclose your personal information and health information, only for the stated purpose of the program, or with your consent for other specific reasons. The personal health information that is collected, used, and disclosed includes information such as your name, date of birth, gender, address, mental and physical health history, as well as other information to help determine your current and needed treatment and support needs. De Novo has privacy policies in place that comply with relevant legislation including the *Personal Health Information and Protection Act* (PHIPA); these policies determine the way personal health information may be collected, used, and disclosed.

Your knowledge and consent are required for the collection, use, and disclosure of personal health information, except where defined by law. When you request and accept admission to De Novo Treatment Centre you are giving your consent to De Novo to properly use your personal health information. For purposes other than providing health care, (e.g., when assisting you with housing, employment, or when needing to speak with family or friends) De Novo must get your verbal or written permission.

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Residential Addiction Treatment

Collecting, Using and Disclosing Personal Health Information
Unless you inform otherwise, De Novo will assume to have your consent to:

- collect and use personal health information for the purpose of health care, administration, teaching, research, statistics, and complying with legal requirements.
- disclose information to health care providers within your "c*ircle of care*," who need the information to provide health care. Your "*circle of care*" includes those health care professionals, pharmacies, laboratories, ambulance service, hospitals, and other organizations that are providing you with healthcare services; and
- use your name and address to contact you for Alumni purposes. You are entitled to ask not to be contacted for Alumni purposes.

In some circumstances we are required or permitted by law to collect, use, or disclose your personal health information without your consent. For example, if you are at risk of harm to self or others or if we believe that a child is at risk of harm we may need to share need-to-know information to keep you or someone else safe. Your health care providers are also obligated by law to respond to a subpoena and / or search warrant.

All counsellors undergo clinical supervision; therefore, a clinical supervisor may observe an individual counselling session or group session from time to time.

Your Choices
You may withdraw your consent or restrict the way that we collect, use, or share your personal health information by contacting us. You may also request access to or the correction of your personal health information by contacting us.

Protecting Your Privacy
We take steps to protect your personal health information from theft, loss, and unauthorized access, copying, modification, use, disclosure, and disposal. We conduct audits of our procedures and complete investigations to monitor and manage our privacy compliance. We take steps to ensure that everyone who performs services for us will protect your privacy and use your personal health information only for the purposes you have consented to or as required by law.

Contact Information
If you have questions, concerns, or complaints about the privacy of your personal health information contact:

- Michael Varieur, RN, MN
  Executive Director & Privacy Officer
  De Novo Treatment Centre, 87 Forbes Hill Drive, Huntsville, Ontario P1H 1R1
  Phone: 705-787-0247
- If you have a privacy complaint and the De Novo Privacy Officer cannot resolve your concerns, you have the right to contact the Information and Privacy Commissioner of Ontario
  1-800-387-0073
  2 Bloor St. E., Suite 1400, Toronto, ON, M4W 1A8
  website: www.ipc.on.ca.

PHYSICAL AND MENTAL HEALTH REQUIREMENTS

There are limitations to the physical and mental health services that can be provided at De Novo Treatment Centre. Therefore, if treatment centre staff are concerned about your physical or mental health status, you will be asked to undergo a medical examination by a qualified medical / mental health practitioner referred by De Novo Treatment Centre. You also understand that if your physical / mental health status exceeds the limitations of service De Novo Treatment Centre is able to provide, you may be referred to another treatment center or referred to a health care service suited to meet your individual needs. This may require you to reschedule your admission at De Novo to a later date once your health status has stabilized.

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MEDICATION PROCESS CONSENT

All medications are pre-approved and listed on your Medication Reconciliation Form. Medications and supplements will be securely stored in the De Novo medication room. You may keep certain medications on your person such as but not limited to inhalers, epi-pens, insulin, creams, ointments, or sprays, with permission from De Novo staff. Unless permitted to keep a medication on your person the act of diverting, concealing, ”pocketing”, “cheeking” or sharing of personal medications is strictly forbidden and will result in administrative discharge. You are responsible for taking your prescribed medications as directed, and you agree that medication administration will be directly observed by De Novo staff. Upon program completion or discharge, any discontinued medications, controlled substances, or medications deemed potentially harmful will be returned to the pharmacy by De Novo staff.

TREATMENT OPTIONS

There are alternative addiction treatment options available to you, such as outpatient therapy, community support groups, or other residential programs. You are free to choose a different treatment path if you feel that the program at De Novo Treatment Centre does not meet your needs.

Revised June 18, 2026

INFORMED CONSENT
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CONFIRMATION OF UNDERSTANDING AND CONSENT

- I have read and fully understand the information provided in this Informed Consent document and the Program Information and Referral Guide document.
- I have had the opportunity to ask questions, and I have had my questions answered to my satisfaction and in a manner that is understandable.
- I can appreciate my Rights and Responsibilities as well as the Benefits and Risks of participating in De Novo Treatment Centre programs.
- I understand that consent is an ongoing process, and I have the right to ask questions, seek clarification, and revisit the terms of my consent at any time during my treatment, unless otherwise specified.
- I understand that I have the right to withdraw my consent to treatment at any time. I acknowledge that withdrawing consent may affect my ability to continue in the program and could have consequences, including potential discharge from the program.
- I understand that consent to treatment ends when I have completed the residential and aftercare programs, if I am discharged from the program before I graduate, and / or at any time if I withdraw my consent to treatment.
- By signing below, I voluntarily agree to participate in the De Novo Treatment Centre programs under the terms outlined in this Informed Consent agreement and within the Program Information and Referral Guide. In consideration of being accepted as a resident, I, for myself and my heirs, administrators, and assigns, release and discharge De Novo Treatment Centre, its shareholders, officers, directors, servants, agents, insurers, and employees from all claims, damages, actions, contracts, and demands related to my residency or treatment at De Novo Treatment Centre. I agree to indemnify and hold harmless De Novo Treatment Centre Corp. from any claims, damages, losses, costs, and expenses arising out of or related to my residency or treatment, whether these occur on or off the premises of De Novo Treatment Centre Corp.

Client Name & File #:	
Client Date of Birth	
Client Signature	
Witness Name and Role	
Witness Signature	
Date	

(R June 18, 2026)