

## History & Overview

Good Shepherd Centre founded the DARE Program (formerly the Transition Program) in 1997 as a pilot project. Initially, the Program offered pre-treatment spaces for 15 homeless adult men.

By 2000, the Program added 10 aftercare beds for men who had completed treatment but needed time and support to find housing or employment. In 2001, the Program began to offer post-residential support groups for the growing number of successful graduates.

Today, the DARE Program is a vibrant pre- and post-treatment program for twenty-five homeless men, 18 years of age and older, who are struggling with substance abuse. To be admitted, clients must demonstrate the potential to be committed to a plan of recovery from addictive substances.

Using a holistic and client-centered approach, we provide counselling and support to prepare clients for residential treatment. We also prepare a limited number of clients for day or evening programs. Additionally, the Post Treatment Program prepares clients for independent living in the community.

Clients enrolled in the program are provided with food, shelter, personal hygiene items and clothing. Transportation costs are covered to assist clients in keeping appointments at local treatment facilities or for medical services, etc. Clients participate in daily chores and take part in recreational activities.

*For more information about the work of Good Shepherd Centre or the DARE Program, please visit our website at [www.goodshepherd.ca](http://www.goodshepherd.ca) or call the number on this brochure.*

## Mission

Challenged by our faith in the Gospel of Jesus Christ and committed to the ideals of hospitality, availability and respect for life, we, the Little Brothers of the Good Shepherd, Board of Directors, staff and volunteers of Good Shepherd Ministries in Toronto, join together to provide services to homeless, disadvantaged and marginalized people.

We strive to provide the basic necessities of food, shelter and a host of ancillary services, ensuring each client justice, equality, dignity and acceptance.

We seek to provide human services that will assist clients in regaining freedom from homelessness. We value each person's inherent goodness and potential for growth.



### Good Shepherd Ministries

412 Queen Street East  
Toronto, Ontario  
M5A 1T3

**Phone: 416-869-3619**

Fax: 416-869-0510

[www.goodshepherd.ca](http://www.goodshepherd.ca)

The work of the DARE Program is made possible thanks to charitable donations made to Good Shepherd Refuge Social Ministries. (Registered Charitable No. 89250 8169 RR0001)

To support this work, please call  
(416) 869-3619, ext. 223.

To build a future of hope and compassion,  
please remember us in your will.

*Serving the homeless and disadvantaged since 1963*

# The DARE

(Drug and Alcohol Recovery Enrichment)

# Program

at Good Shepherd Centre



*Helping homeless men  
recover from addictions.*

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## Program Goals

The DARE (Drug and Alcohol Recovery Enrichment) Program:

- prepares clients for residential treatment for alcohol and drug abuse;
- provides assistance to clients who have not yet established a treatment plan;
- connects clients with appropriate treatment services;
- assists clients in establishing independent living that allows them to maintain lives free of drugs and alcohol.

## Program Guidelines

After clients have been admitted and have signed a contractual agreement, they are expected to:

- attend daily counselling sessions;
- attend in-house and community 12 step meetings;
- participate in recreational programs;
- complete chore assignments;
- undergo random drug screens.



Aftercare Counsellor O'dette Thompson helps DARE client Deodat work through a housing plan. Good housing plays a vital role in helping clients to avoid relapse.

## Pre Treatment Program

The DARE Program endeavors to incorporate as few barriers as possible to clients seeking our services. The Program assists in creating a positive environment that fosters nurturing relationships that empower clients in their recovery journey. Completion of the Ontario Substance Abuse Tracking Summary is recommended prior to admission.

The criteria for admission are as follows.

Clients must:

- be free from any mind or mood-altering substances;
- have completed withdrawal management;
- not exhibit symptoms related to withdrawal;
- be willing to establish and follow through with their treatment plan;
- be stable enough to participate in the DARE Program activities.

## Pre Treatment Services

The program offers the following services:

- Case Management
- Supportive counseling
- Referrals to treatment programs
- Psycho-educational groups
- Crisis intervention
- In-house 12 step meetings
- Spirituality support and guidance
- Leisure, recreation and art programs
- Relaxation and anger management

## Post Treatment Program

The DARE Program offers a post-treatment component where clients who have completed treatment are allowed to return. They work closely with an Aftercare Counselor who assists them with the following services:

- Case Management
- Supportive Counseling
- Referrals: housing, employment and education
- Psycho education and relapse prevention
- Crisis Intervention
- Support Groups including 12 steps
- Spirituality support and guidance
- Leisure, recreation and art programs
- Relaxation and anger management
- Involvement in alumni activities
- Life and social skills development

## Partnerships

The DARE Program works closely with other addictions agencies in the community. We have developed formal and informal partnerships with both withdrawal management and treatment centres.



## Admission Inquiries

Clients interested in admission to the DARE program should call (416) 869-3619, either directly or through a referring agency.