



FRESH START

MATERNITY SUPPORTS

Program Overview for New Applicants

Dear Prospective Resident:

Thank you for your interest in applying to Fresh Start Maternity Supports. If you decide to apply to our program (2 years max) please completely fill out the application form and mail or fax it back. You will be notified of your suitability for our program. It is extremely important that you have read and understand all the attached agreements, terms and conditions. You will be required to sign forms indicating your willingness to comply.

Prior to filling out the application package please ensure that you meet our eligibility criteria.

- pregnant or parenting a child 8 months old or younger
- willingness to live peacefully in communal setting with a strong emphasis on structure, rules and discipline
- willingness to maintain an attitude that demonstrates a willingness and desire to learn on an ongoing basis
- willingness to abstain from all substances, addictions and involvements that are unsafe for you and your child

Prior to acceptance to Fresh Start you will be required to attend an interview and tour of our residence.(in some circumstances the interview may be via Skype or phone) We may also ask to interview your family and service providers to help gain a better understanding of you and your application.

While you are waiting to hear back from us or during your time on the waiting list, you must **check in by phone 519-637-0845 every Monday morning** to maintain your place on the list. Failure to do so will result in removal from the list.

Program

Fresh Start is not simply a housing program.

Fresh Start Maternity Supports is a Christian, faith-based program designed to be a safe haven for its residents to enjoy while they obtain support throughout their pregnancy and in the year beyond. We offer a therapeutic setting which offers care, supports and services aimed at creating a healthy life style for you and your child. While you may leave at any time after you have completed the six month requirement, it is our hope that you will continue in our program until your personal support plan has been accomplished or until we are no longer able or needed to assist you.(up to 2 years)

While residents are not required to adhere to our religious faith, it is expected that all residents behave in a respectful manner. Fresh Start is designed holistically and strives to promote, physical, mental, emotional, social and spiritual growth and health. Programs therefore include but are not limited to parenting and life skills classes, volunteer opportunities, recreation programs, educational programs, Christian Fellowship classes, church attendance. The program schedule is subject to change based on the availability of opportunities. (Religious programs optional)

Fresh Start is an individual needs based program. The amount of supervision and support each mother receives will be determined based on the particular needs of the infant as well as the level of support required and/or requested by the mother.

Note:

Any Residents under 16yrs must make alternate arrangements for payment until baby is born and will require a letter from CAS mandating placement.

Disclaimer

Fresh Start is not a detoxification, rehabilitation, mental health, treatment, or medical facility. Any individual seeking immediate intervention must first seek appropriate help from the abovementioned facilities and be stable upon admission.

Abstinence

Fresh Start is an abstinence based program. Any illegal drug use by residents, regardless of whether that use occurs on or off Fresh Start property, is forbidden and grounds for eviction.

Use of alcohol is not permitted at Fresh Start. Smoking is permitted at designated times and areas.

Illegal Activity:

Any illegal/criminal activity engaged in by a resident while in the Fresh Start program will be reported to authorities and will result in eviction from the program.

Trial Period

The first two weeks following admission will be a trial period to determine suitability to the program. During this time the resident may have daily outings but no overnight passes will be permitted if your child is in your care. Additional restrictions may be implemented by the courts or CAS if applicable. Within the trial period the team will determine suitability for the program based on compliance to the Fresh Start program, being open to instruction, working co-operatively with staff and other residents, residing peacefully in the home and abide by the terms in the occupancy agreement. See attached F3Dd Parent Resident Daily Report to better understand how staff observe and chart for the above.

Parenting Resident Daily Report

7-3 / 3-11

Name:

Date:

Observation	We ll Do ne	Un pro mpt ed	Pro mpt ed	Par tial	No No ne	30+ Min	10- 20 Min	5-1 0 Min	Bas ic Ne eds Met	N/ A	Ot her
Bottle Prep											
Charting											
Adequate feedings											
Awake during feedings											
Bath Baby											
Personal hygiene (mom shower)											
Attentive to baby											
Baby dressed appropriately											
Diaper changes											
Appropriate cell phone use											
Chores completed											
Programs completed											
Positive interaction with residents											
Positive interaction with staff											
Positive interaction with baby											
Receptive to direction											
Reads baby's "cues"											
Manages personal "to do list"											
Safe sleep environment											
Ready for intentions, dressed											
Meds											

Notes:

Form F3Dd: Parenting Resident Daily Report Day Shift

Medical Care

Unfortunately we do not have the ability to provide transportation to appointments outside of St. Thomas in most cases. If you are coming to us from outside St. Thomas and **do not have access** to your current family physician (you do not have access to

rides from another source), then it will be necessary for you to fill out the Fresh Start Medical intake form. We will assist you with this process.

It is important to note that if you have a family physician out of area or a pediatrician, and are planning on returning following your stay at Fresh Start, DO NOT close your file with your current physician as it will be difficult, if not impossible, to become his/her patient again. However, YOU MAY NOT ACCESS THE SERVICES OF MORE THAN ONE PHYSICIAN AT A TIME, so please do not make appointments with your family doctor or pediatrician while you are staying at Fresh Start. If your family doctor wishes to stay updated regarding your medical care Fresh Start physicians may communicate with your physician with consent.

If you are from St. Thomas and have a family doctor you may continue to use that physician during your stay at Fresh Start.

Fresh Start physicians may give a reference for an OB or a pediatrician if you require their services.

For emergencies or after hours medical needs the staff of Fresh Start will assist you in obtaining medical attention either by calling an ambulance, transporting you to the local hospital or walk in clinic or helping you in arranging transportation to these facilities.

Three Suitcase Policy:

Due to limited space a woman may bring three suitcases total (two for the mother, one for the infant). A shower is held for each infant that enters the program, which includes various clothes and infant care items. Bedding, towels, basic furniture and personal care items are provided.

Security and Monitoring

For the safety and security of our residents the premises is monitored by video surveillance, audio monitoring in bedrooms (overnight and during infant sleeping) and controlled entries. During the night, rooms are checked every hour postnatal and twice nightly prenatally to ensure the safety of the occupants. All outings and visits must be prearranged and preapproved. Visitors are only allowed at specified times and in specified areas. Male visitors are very limited.

Cell Phone

Cell phones are not permitted during program and meal times.

If you meet the eligibility criteria, have read the program overview and weekly schedule and are interested in applying to our program, please fill out the F1A Application Form and submit via fax or email. If you are working with a service provider eg. Children's Aid worker, they must submit a reference also.