

Transitional Cottage Program

The Transitional Cottage Program is a community-based healthcare program, based on psychosocial rehabilitation principles and trauma informed approaches. The program is designed to assist clients in building skills needed to reintegrate successfully within the community. This is a partnership with the Provincial Health Services Authority since 2003.



Quick Fact

səmiqwəʔelə meaning “Place of the Great Blue Heron” was renamed by the kwikwəłəm First Nation for the 244-acre site in Coquitlam, B.C., which was previously known as Riverview Lands.

The program focuses on the client's strengths. Allowing individuals to actively participate in their treatment. Clients are supported by a registered professional nurse and program manager, transitional mental health workers, a social worker, and a recreation therapist. They also receive ongoing supports through their community healthcare treatment teams.

Clients are referred through the Forensic System with a conditional discharge from the BC Review Board. All clients in the Transitional Cottages Program are deemed not criminally responsible due to a mental disorder.

These individuals are supported by case managers from Forensic Psychiatric Clinics.

We also support patients who have been granted a visitor's leave from the Forensic Psychiatric Hospital (FPH). These patients are supported by a case manager and treatment team from FPH.

Currently, there are 11 transitional cottages (41 beds) operated by Coast Mental Health at səmiqwəʔelə. An additional 10 former clients of the Cottage Program continue to receive outreach supports while living in the community.

Reintegration Model

- For this program there is a greater focus on risk management that includes some imposed restrictions to clients, such as access to the community, curfews, no drug use, compliance with treatment, etc.
- The length of stay is determined by each client's preparedness for community living, safety factors and their legal status criteria.



Healthcare Team:

- Program Manager (Registered Nurse)
- Registered Nurse
- Social Worker
- Recreation Therapist
- 30 Transitional Workers (24/7 support)
- 2 Peer Support Workers
- Program Assistant



Philosophy

- Based on psychosocial rehabilitation principles (mutual respect, skill building and strengthening self-efficacy)
- Client-centered (client-centered goals, informed decisions)
- Strength-based (building on client's skills, knowledge and interests)
- Culturally relevant (connecting to the individual's background and spiritual foundation)
- Trauma-informed (building trust, avoidance of re-traumatizing, emotional regulation)
- Abstinence-focused (harm reduction as means to achieve drug-free lifestyle)

Client

Testimonials

The Cottages Program includes a training apartment to help clients build the confidence they need to live more independently, while still receiving daily outreach support from healthcare professionals and community teams.

"Cottages staff helped me to get a recreation centre pass, and now I've been going regularly and have lost some weight and feel better about myself physically."

– Current Cottages Client

"I am enjoying the training apartment, it gives me the skills I need to be able to live on my own."

– Current Cottages Client

For questions related to this program, please contact us at
CottagesProgram0951@coastfoundationsociety.onmicrosoft.com