

## Attachment D - Definitions

It's important to establish a shared set of definitions for key treatment, recovery, and housing terms, recognizing that the substance-use system of care spans a full continuum, from prevention and harm-reduction services through withdrawal management (detox), treatment, and long-term recovery supports.

**Continuum of Care:** A system of supports from prevention to recovery and includes prevention → harm reduction → withdrawal management → treatment → aftercare/recovery supports → relapse and re-engagement.

**Harm Reduction:** Strategies that reduce health risks without requiring abstinence (e.g., naloxone, supervised consumption/overdose-prevention services, drug checking). Helps prevent deaths and increases connection to services.

**Withdrawal Management (Detox):** Short-term stabilization to manage withdrawal symptoms (*inpatient*: 24/7 residential or bed-based support, or *community-based (outpatient)* meaning client remains at home and attends scheduled supports).

**Treatment:** Structured, longer-term interventions addressing substance use and/or mental health. Can be inpatient or outpatient and may include counselling, skills development, medication-assisted treatment, and evidence-based therapies.

**Recovery:** A long-term process of improving health, stability, and quality of life. May involve abstinence, non-abstinence, and harm-reduction approaches; varies by individual.

**Aftercare:** Supports following treatment (e.g., counselling, peer groups, case management, housing supports) that maintain progress and reduce relapse risk.

**Emergency Shelter:** Short-term, immediate shelter that provides safety, basic needs, and temporary refuge for individuals or families with nowhere safe to stay.

**Transitional Housing:** Time-limited housing that offers structured supports (and usually programming) to help people move from crisis or instability into stable long-term housing or appropriate health and recovery services.

**Supportive Housing:** Housing that combines long-term accommodation with on-site or connected supports, ranging from low-barrier models with minimal entry requirements to specialized programs for groups such as women, people in recovery, or individuals with disabilities.

**Second Stage Housing (Recovery):** Time limited, safe, substance-free housing with moderate structure and supports for people who have completed initial treatment and need a stable environment to continue building recovery skills and stability.

**Third Stage Housing (After-Care):** housing with light no minimal ongoing supports for people transitioning from treatment or structured programs toward fully independent living.