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Withdrawal Management and Supportive Recovery



WELCOME!

YOUTH HANDBOOK

You've taken a very important first step by deciding to take part in the Withdrawal Management/Supportive Recovery Program! Your decision took a lot of courage and shows that you are willing to start taking steps towards getting your life back in the direction that you want.

We have a committed team that will be there to help you develop and attain your personal goals while in a supportive Care Home.

Sometimes we will have fun, and other times it will be hard work – however, hard work will pay off. With the commitment you make to the program and by sticking to it, you will reach your goals!

This guide gives you some basic information about the program so you can have an idea of what it's all about. If you have any questions not answered at your intake or in this guide, our team would be happy to answer them.

Withdrawal Management Supportive Recovery Program

A program designed to help youth and their families with problematic drug and alcohol use, achieve their goal of abstinence or reduce harmful consequences of substance misuse. The program is voluntary and offers nonmedical, multi-model delivery of services to youth between the ages of 13 – 19 years in a private, safe, chemical-free and supportive care-home setting.

Supportive Recovery



Supportive Recovery Program is a 3 month program available to youth (13 to 19) who self-identify as wanting to explore their relationship with substance use and address challenges related to their use. The program is located in beautiful Mt Waddington Region of B.C., and, like most

NICCCS programs, is offered free of charge. While at Support Recovery, you will reside with contracted caregivers who are committed to providing you with a safe, healthy, stable, and nurturing home environment for the duration of your stay. You will also attend a day program Monday thru Friday from 9:00am to 2:00pm. Both in your care home and in day program you have the opportunity to engage in activities that explore and provide positive experiences in the areas of school, employment-readiness, recreation, life skills, positive relationships, community engagement, and individual and/or group counselling. You will be connected to a primary counsellor who will act as a case manager and be your “go-to” person at program. It is important to us that your time is designed to meet your unique needs and interests, so you will be involved in all aspects of your program including setting goals, creating a weekly schedule, and assessing your program.

What to Expect During Withdrawal Management

North Island Crisis and Counselling Centre Youth Withdrawal Management Program is a non-medical detox for youth ages 13 to 19. While in Withdrawal Management you are provided with 24-hour support and supervision as you go through your unique withdrawal process. If you only access Withdrawal Management, and do not continue on with the Supportive Recovery Program, the length of stay ranges from 5 to 10 nights, with an average stay between 7 nights. During this time you will have regular contact and support from your primary counsellor, clinical counsellor, activity and supervision worker, and caregiver(s). You can expect to be seen by a local doctor within 24 hours of your arrival to program.

A Typical Week in Support Recovery

Throughout the week you can expect to participate in a variety of activities both recreational and goal-related. What your week looks like will be made up of a combination of your interests, personal goals, as well as participating in regular aspects of program. Regular aspects of program include daily check-ins, cooking, physical education, individual/ group counselling, spending supervised time in the community, work experience, independent learning (school/ employment related goals) and weekly chores. There will be many opportunities to engage in activities, and you are invited to share your ideas of what they'd like to do.

The People You Will Be Working With

Primary Youth Counsellor: You will be assigned a primary youth counsellor. Your primary is your main support while you are in Support Recovery. They will be your “go-to” person for questions or concerns, and will help you set and manage your goals.

Teachers: There are 2 full-time School District 85 teachers available to you at the Support Recovery program. The teachers will support you in developing an individual learning plan to meet your academic and/ or employment goals.

Clinical Counsellor: Meets regularly with you to provide counselling. In some cases the clinical counsellor may work with you and your family members.

Activity and Supervision Workers: The Activity and Supervision Workers will be spending time with you doing activities, both inside and outside of day program hours.

Program Manager: Oversees the day-to-day running of the program and is an active part of case management. You can meet with the Program Manager if you have any questions or concerns.

Family Resource Worker: Works with caregivers and helps you get set up in your carehome when you first arrive. You can meet with the Family Resource worker if you have any questions or concerns about your care home.

What to Bring With You

Suggested Items to Pack

- Personal items (i.e. pictures, books, or other items that will make your stay more comfortable)
- Swimsuit and gym clothes
- Clothing (socks/ underwear, shirts, comfortable pants, rain jacket, shoes, etc.)
- Any medications prescribed by a doctor including vitamins and Tylenol must be prescribed.
- Identification (i.e. BCID, SIN #, care card, status card, birth certificate, etc.)
- Resume (if employment is a goal of yours and you already have a resume)

What leave at home

- Cell phones/ devices with internet access
- (i.e. iPod's, iPad's, gaming systems, etc.)
- Drugs/ drug paraphernalia (i.e. rolling papers, medical marijuana, pipes, etc.)
- Vaporizers, e-cigarettes, and other smoking products (i.e. chewing tobacco, tobacco pipes, etc.)
- Pornographic material
- Clothing/ accessories that showcase drugs or inappropriate messages
- Weapons (i.e. pocket knives, etc.)
- Supplements (i.e. protein powder, diet pills, steroids, etc.)

Rules & Expectations

Intake

In your first week there will be some paperwork that you go through with your primary counsellor. We will talk about things such as protecting your confidentiality, your rights and responsibilities, program expectations, etc. We will also explore your needs and support you in making some personal goals in order to make your time at program meaningful.

Carehome

When you arrive to your care home your caregiver(s) will spend time learning about your likes/ dislikes, showing you your room, and reviewing some of the basic routines, rules, and activities in their home (i.e. meal times, shopping days, bedtime, etc.). If you are unsure of, or uncomfortable with, any of the rules and expectations, we encourage you to speak with your caregiver(s) or your youth counsellor. Many youth wonder what the consequences for certain behaviours will be. We try to use logical consequences that are related, reasonable, and respectful.

Program

Most of program rules and expectations are outlined in this handbook, or will be discussed with you upon your arrival at program. If things come up that have not been previously covered, we will talk with you about our concerns and clarify expectations.

Technology

- Laptops, cellphones, iPods, tablets, gaming consoles, etc. are not permitted. If you are found to have any of these devices they will be locked safely in a cabinet at program and are returned to you when you leave the program.
- You will not have access to social media of any kind while at Support Recovery. However, if you require access to social media for reasons that will be beneficial to your goals in program (i.e. removing inappropriate photos, changing a password for security reasons, etc.) you may submit a request form to your primary worker.
- You will be provided with an mp3 player upon arrival at program. You will have the opportunity to access our music library, as well as download music to load your mp3. If you lose or damage your mp3 player, you will be responsible for purchasing a new one. Your mp3 player is yours to keep and can go with you when you complete program.
- Cameras are not permitted at program. If you have a camera we will keep it for you and return it for home visits or special occasions. If you choose to participate in a photography project, a camera will be provided for you.

Dress Code

- We strive to create a respectful, safe environment for everyone, and request that clothing worn be free of any pornographic or offensive logos, including anything that promotes substance use, violence or stereotyping.
- If clothing worn to program is deemed to be unsuitable, you will be provided with replacement clothes for the day.
- Borrowing, exchanging, or selling clothing or other items between youth is not permitted.



Smoking

We recognize that some youth who attend our program have developed a dependency to nicotine and may identify smoking as a primary coping mechanism. We will encourage you to participate in a variety of cessation (reduce/ stop smoking) programs

and have a strong focus on supporting the development of safer, healthier coping strategies. If you are experiencing difficulty with quitting smoking, individual smoke breaks may be permitted during your time at day program. NICCCS has a commitment to safer practices and, as such, will endeavor to ensure you do not place yourself at increased risk while attempting to get cigarettes.

- Use of e-cigarettes, vaporizers, loose tobacco, and chewing tobacco are prohibited.
- Smoking is not permitted inside any homes, buildings, or vehicles.
- Use of tobacco for ceremonial/ traditional purposes will be reviewed and approved on a case by case basis.

Money

- You will receive a \$20.00 allowance once per week-guaranteed!
- The most amount of money you are permitted to carry on you is \$25.00. Your caregiver or youth counsellor can hold on to any extra money/ bank card you have and make it available to you for requested purchases.



TV/ Movie/ Game Ratings

- You are permitted to watch TV shows or movies with a rating of 14A or lower, as well as play video games with a rating of "T" or "E". Any media above these ratings will need to be approved by your youth counsellor and will only be considered for educational purposes.
- Any media or materials (magazines, videos, posters) that are X-rated, pornographic or otherwise offensive are strictly prohibited. If you bring any of these things to program, they will be held by your youth counsellor and returned to you when you leave.

Approved Contacts

When you start program, you will be supported to put together a list of people you would like to keep in touch with while at program. This list will be sent to your YPO for approval. You can request to make changes to the contact list at any time.

- Contact with your YPO, social worker, lawyer, youth worker, etc. can be made during program hours.



Home Visits

A home visit is an opportunity to return to your home community and “practice” the new skills/ strengths you’ve developed while at program. It is also an opportunity to make meaningful connection with personal and professional supports.

- After you successfully complete one month of program, you are able to apply for a home visit. Yourself, your youth counsellor, YPO, and whomever will be responsible for you on your visit, will support you in completing your application as well as organize travel costs, etc.
- Family members, approved by your team, are welcome to visit you in Port Hardy. Please talk to your youth counsellor to make these arrangements.

Transition Planning

While at program, you will be supported to create a safe/ positive discharge plan. We would be delighted to celebrate your success and host a graduation upon your completion of program. If you are discharged early for some reason, we will work with your YPO to ensure that you arrive safely to your emergency discharge placement.

Structured Free Time

After successfully completing your first month in program, you can begin exploring opportunities for structured free time in the community with your youth counsellor. Having structured free time is earned through demonstrating appropriate behaviour within program and the community as well as by following through with program expectations. Having structured free time is an opportunity for you to practice the skills you’ve been developing in program and gain independence. Some examples of

structured free time may include: working out at the gym, playing sports, participating in a youth group, going for bike rides, going to the movies, taking a lesson of some sort, etc.

Employment & Volunteer Opportunities

There will be opportunities for you to gain paid work experiences while at program. If you are curious about these before coming to program, give us a call to find out more. If you would like to have a job, you are welcome to start looking after you've successfully completed one month of program. If your plan is to seek employment, you will be asked to do some preparation with the support of our teacher and/ or your youth counsellor by completing our pre-employment package and doing some planning around your employment goals.

Medication

- Any medication taken in program must be prescribed by a doctor (this includes over the counter medication).
- Medication will be stored by your caregivers in a locked cabinet.
- When you are required to take your medication, your caregiver will make sure it is available for you to take.
- You will have access to a doctor while at program, therefore if you'd like to make changes to current medications or explore medication options, your primary will support you in doing.

Youth Surveys

A youth survey is an opportunity for you to give feedback and share your thoughts about program and your care home. We ask you to participate in a youth survey every month. It is really important that we hear how things are going for you. We use this information when deciding how we can improve or make changes as a program. If you choose to complete a monthly survey, your name will be entered into a draw for a \$10.00 gift card.

Commitment

By signing below you acknowledge that you have read and understand the information outlined in the Youth Handbook, as well as agree to follow the rules/ expectations outlined.

I, _____, have read and fully understand the information in the Youth Handbook. I agree to follow the rules/ expectations as laid out in the Youth Handbook to the best of my ability.

Youth Signature

Date Signed

Staff Signature

Date Signed