

**2005-  
2006**

# Youth Solvent Addiction Committee Annual Report

Annual Report  
YSAC  
2005-2006

Youth Solvent Addiction Committee Annual Report  
2005-2006

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## Centres at a Glance

| <b>Treatment Centre and Location</b>                                                                       | <b># of beds</b> | <b>Age Range</b> | <b>Gender</b>      | <b>Intake Dates</b>                                  | <b>Special Services</b>                                                     | <b>Total Admissions 2005-2006</b> |
|------------------------------------------------------------------------------------------------------------|------------------|------------------|--------------------|------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------|
| Charles J Andrew Centre<br>Sheshatshiu, Labrador<br>Established— May 2000                                  | 10               | 11-17            | Gender Blocks      | 4 month block<br>July<br>April<br>August             | Outreach<br>Day Program<br>Family Treatment<br>Wilderness Program           | 23<br><br>185<br>Outreach         |
| Ka Na Chi Hih Solvent Treatment Centre<br>Thunder Bay, Ontario<br>Established-November 1996                | 12               | 16-25            | Males              | Continuous                                           | Adult Services<br>2-year Program                                            | 37                                |
| Nenqayni Treatment Center,<br>Williams Lake, B.C.<br>Established— September 1996                           | 10               | 13-18            | Female             | January/July                                         | Family Treatment                                                            | 37                                |
| Nimkee NupiGawagan<br>Healing Center<br>Muncey Ontario<br>Established— January 1997                        | 9                | 12-17            | Gender blocks      | January<br>May<br>September<br>(alternating genders) | Family Treatment<br>Outpatient<br>Community based interventions<br>Training | 27                                |
| Whiskyjack Treatment Center,<br>Thompson, Manitoba<br>Established— October 1996                            | 20               | 11-17            | Co-Ed              | Continuous                                           | Aftercare<br>Community Development                                          | 29                                |
| White Buffalo Youth Inhalant Treatment Center,<br>Sturgeon Lake, Saskatchewan<br>Established—January, 1997 | 10               | 12-17            | Females            | January/May/September                                | Aftercare<br>Outreach<br>Mobile Tx camps                                    | 45<br><br>354<br>Outreach         |
| White Swan Treatment Center Inc. Kinuso, Alberta<br>Established— September, 2000                           | 12               | 10-17            | Co-Ed<br>2 centres | Continuous                                           | Aftercare<br>Family Counselling                                             | 34                                |
| Young Spirit Winds Centre<br>Hobbema, Alberta<br>Established                                               | 12               | 12-17            | Co Ed              | Day Treatment<br>Spaces                              | Out Patient Only                                                            | 41                                |
| Kainaiwa Adolescent Centre                                                                                 | 7                | 12-17            | Co Ed              | Block Intake:<br>4 intakes per year                  | Residential                                                                 | 27                                |

## Chairpersons Message



I am pleased to present the annual report for the Youth Solvent Addiction Committee for the 2005-2006 Fiscal year.

I would like to acknowledge Ka Na Chi Hih Treatment Centre on the grand opening of their new facility in Thunder bay. Ka Na Chi Hih persevered for many years trying to run their program out of the wing of an old Psychiatric hospital, this created so many environmental challenges and did not afford them an environment most beneficial to healing. We are so pleased to report this year they have completed renovations to a facility that is much more conducive to the type of work we do. A mention also goes out to Charles J Andrew Centre on their outstanding accreditation improvement. They went from a

report that concluded 60 recommendations, to three years later only 11 recommendations. While success at accreditation is not measured in numbers of recommendations, the change does reflect momentum, and movement towards improvement. The YSAC group has always been a strong supporter of the accreditation process and in particular the partnership we have forged with CCHSA. Charles J Andrews's experiences with the process being about continual quality improvement is exemplified by their obvious commitment to improvement across all sectors of the program.

This year we welcome two new directors to the YSAC network. Wanda Smith Executive Director of White Buffalo Treatment Centre and Walter Aurthurson who joined Whiskyjack Centre.

YSAC shares this annual report in the spirit of accountability and with a commitment to improving the lives of the youth and young adults with whom we work. We believe that the information contained within this report will provide a glimpse of our accomplishments to this end."

## Vision and Mission

### Our Vision

***“Developing partnerships to provide Solvent Addiction Treatment service for First Nations and Inuit young people and their families***

### Our Mission

***To Create a First Nations and Inuit Health Recovery Network of Solvent Treatment Centres for Native young people, their families and communities.***

***This national continuum of quality support services will be based on First Nations and Inuit principles and values, Committed to developing partnerships.***

***To recognize and respect the natural value of First Nations and Inuit youth and to assist them in recapturing their self worth and sense of belonging in balance with their families’ and communities’.***

## History

1995, Health Canada, through the Brighter Futures/ Solvent Abuse Initiative, began the development phase for several First Nations Treatment Centres geared toward adolescent Solvent Abuse. Six centres were initially awarded, (with one already in existence) in various regions of Canada. In July 1996, First Nations and Inuit Health Branch began the establishment and implementation phase for the permanent sites. In 1998, there were additional fiscal resources set aside, adding an additional three treatment centres to this network.

The original group of seven centres formed what has become a supportive network of communication and idea sharing, including the development of visionary planning for creating a cohesive and fully integrated system of national cooperation.

Throughout 1998 this network, named The Youth Solvent Abuse Committee or YSAC, came together to begin the development of a formal accreditation model. In conjunction with the accreditation process, several methods of effective treatment delivery were shared within the group. From this sharing, the group began to develop a vision of best practice guidelines for adolescent solvent treatment.

The National YSAC group is now comprised of a network of 10 First Nation Youth Treatment Centres spread throughout Canada. Eight of the centres are solvent abuse specific services while 2 are targeting multi addictions. YSAC is composed of one representative from each of the National Treatment Centres, usually the Executive Director, with regional and national representation from First Nations and Inuit Health Branch. Since 2000 the group has welcomed associated members from the USA, provincial facilities and drug and alcohol centres for youth.

## 2005-2006 Committee Representation

**Carol Hopkins, Nimkee NupiGawagan Healing Centre, Muncey, Ontario (Chairperson for YSAC)**

**Antoine Archie, Nenqayni Treatment Centre, Williams Lake, B.C.**

**Bertha Paddy, White Swan Treatment Centres, Kinuso, Alberta**

**Wanda Smith, White Buffalo Youth Inhalant Treatment Centre, Prince Albert, Saskatchewan**

**Walter Aurthurson, Whiskyjack Treatment Centre, Thompson, Manitoba**

**Vincent Simon, Ka Na Chi Hih Solvent Abuse Treatment Centre, Thunder Bay Ontario**

**Kristin Sellon, Charles J. Andrew Youth Treatment Centre, Sheshatshiu, Labrador**

**Theresa Bull, Hobbema Youth Centre**

**Twyla Little Shields, Kanaiwa Adolescent centre**

**Kathleen Laskoski has represented Health Canada, National Addictions Team as partner to YSAC**

## 2005 – 2006 Strategic Goals

The Strategic Goals for YSAC are formulated each year at a YSAC meeting and then submitted to First Nations and Inuit Health Branch in the form of an annual work plan. The identified priorities have been organized in alignment with the substance abuse services accreditation program to ensure that national initiatives are reflective of the entire spectrum of requirements to run a residential treatment facility.

These areas are: Leadership and Partnership, Human Resources, Environment, Information Management and Client Specific Services.

### Leadership and Partnership

#### 2005-2006 Workplan Goals

- Develop a Board Training Package regarding board responsibilities
- Develop a Risk Management Module for YSAC centres.
- Accreditation Follow Up- Ensure ongoing training in accreditation systems

#### 2005- 2006 Leadership Goals Achieved

- A Board Training and strategic Planning package was developed and delivered at 3 YSAC centres.
- A Risk Management template was developed and a half day training took place for all YSAC Directors
- All YSAC centres were invited to attend an Accreditation Follow Up meeting in February 2006

#### Additional Leadership Partnership Activities

- YSAC conducted leadership training for Directors in the area of leadership style and employee motivation
- Hosted a meeting including members of YSAC boards to review goals and accomplishments of the committee and include boards in planning next annual workplan
- In partnership with Manitoba Regional FNIHB drafted protocols for managing client and staff travel, protocols ready for regional review and ratification

## Human Resources

Having competent and dedicated personnel is a priority for all YSAC centres. Human Resource activities are affected by such things as industry competition, geographic barriers and a workforce that is susceptible to high burn out rates. The Human Resource Activities of the YSAC group are focused around both improving Human Resource administration systems and increasing the quality of work life for the employees of the YSAC centres. There has been a lot of success as evidenced by the large contingent of YSAC employees entering between five and ten years of employment. Through our shared work plan and the accreditation of the centres we envision a Human Resource system that considers:

- Maximum competency
  - Nationally or provincially certified workers
  - High employee satisfaction
  - Systems for streamlined recruiting, retention and reporting
- The goals of the YSAC work plan are aligned around meeting these framework objectives.

### 2005-2006 Workplan Goals

- Develop a Training Module on Mental Health and Addictions
- Recertify YSAC staff in Resiliency Theory
- Deliver a 5 day training in Emotional Intelligence and Addictions
- Certify 2 staff at trainer level Masters in Emotional Intelligence
- Develop a Standardized staff orientation guide
- Deliver Research Methods Course to YSAC staff
- Deliver National Training in Valpar Moto Coordination Testing

### 2005- 2006 Human Resource Goals Acheived

- An outline and brainstorming session on components of a mental health mini course were completed
- 17 YSAC staff completed training/certification in resileicny theory
- 18 YSAC staff completed level 1 Emotional Intelligence Training
- 2 YSAC staff completed Masters Level Emotional Intelligence Training
- A standardized staff orientation template was developed, ratified and distributed to all YSAC centres
- Research Methods Course was expanded and delivered December 2005
- Valpar Training was Delivered February 2006

### Additional Human Resource Activities

- YSAC on contract to NNAPF developed a national workforce competency survey for national distribution. Data gathering was completed and results were rolled into a draft document to become a National Workforce Development Strategy.
- Assisted two centres employee teams with standardizing curriculum components.
- Updates were made to existing competency assessment tools for Counsellors and Clinical Supervisors.



## Information Management

Information Management activities are activities related to gathering, reporting, recording and data collection systems. This area has been one that has historically received little attention and little funding, yet it is the area that most directly affects the committee and the individual centres attempts to be transparent, accountable and prove effectiveness of treatment services. We are elated to report the development of a national data base that YSAC centres can use to record client and centre data. The data base will go into testing phase April 1, 2006.

### 2005-2006 Workplan Goals

- Prevention Manual Distribution Reporting
- YSAC Annual Reporting- National Standardization

### 2005- 2006 Information Management Goals Acheived

- A complete listing of community based programs receiving the manual was kept, this includes over 500 Aboriginal Headstart programs
- Improvements were made to the national template, quarterly report, and plans for standardized electronic data management

### Additional Information Management Activities

- Using YSAC Directors and Research methods graduates as a focus group, YSAC started development of a National web based data base, the data base is set fo pilot testing April 1, 2006.
- In partnership with YSAC, CCSA completed a research project in 2005, entitled Designing a tool to measure the impact of client length of stay on treatment outcome. This followed a 2003 joint YSAC-CCSA research report entitled Youth Residential Solvent Treatment Program Design: An Examination of the Role of Program Length and Length of Client Stay.
- YSAC provided expert comment on a CCSA publication entitled Youth Volatile Solvent Abuse (VSA) FAQ, providing answers to frequently asked questions about youth volatile solvent abuse.
- YSAC completed a roll up report on the preceedings of the March 2005 International Inhalant Forum

## Client Services

Client Services goals are goals that are specific to improving the direct service delivery. YSAC centres consider historical problems, a view to streamlined services and client centred approaches when developing our National Client Services Goals. In addition to the collective work we do as a team, each centre undertaken a thorough review of its client services programs through the three year accreditation cycle. Having a focus on client services both as a national committee and as accredited centres allows us to ensure:

- Commitment to excellence in client treatment experience
- Guaranteed client centered focus and participation in our clients care
- Consistency in approach regardless of location
- Responsiveness, accessibility, reliability and security for our clients in the treatment centres.

### 2005-2006 Workplan Goals

- Develop a standardized referral form for all YSAC centres.
- Standardize treatment curriculum components
- Medication Policies Improvement
- Treatment planning standardization

### 2005- 2006 Client Services Goals Acheived

- A standardized referral form was created, tested and ratified and is currently in use at all YSAC centres
- Projects were started at two YSAC centres to upgrade and improve the standard treatment curriculum
- Medication policies were reviewed nationally and standardized templates were developed for medication record keeping, and distribution polices.
- Client Treatment Planning sections were added to the Resiliency Training program, and template treatment plans were shared with all YSAC centres.

### Additional Client Services Activities

- A system of client satisfaction gathering was reviewed and shared with all YSAC centres. All centres now have templates for client, referral source and parent satisfaction surveys.
- All centres were outfitted with a bio feedback tool for assisting clients with anger managment and stress reduction techniques.

## Environment

One of our major considerations as a national committee is to ensure that the buildings and grounds we use to deliver services are not only safe, but comfortable, inviting and conducive to the type of service the YSAC centres are delivering. As a national committee when we set environmental goals and work plan items, we are focusing on safety as a first priority and then dealing with issues such as risk management, healthy living, promotion of physical health, and having enough and the right type of space. Over the years each centre has had to deal with varying and specific environmental challenges. We are always supportive of any centres' individual efforts to improve the physical environment and ultimately the client services contained within. Centres receive no capital funding for facility improvements and maintenance, thus in the nine years of existence all upgrades have required planning within the existing treatment centre budget.

Through both provincial licensing and the accreditation process each centre is inspected and held accountable in such environmental areas as:

- Respect and Care for the environment
- Infection Control
- Disaster Planning
- Work life health
- Fire and medical Emergency preparedness
- Kitchen and Food services health

### 2005-2006 Workplan Goals

- National Disaster Planning template
- National Infection Control template guide

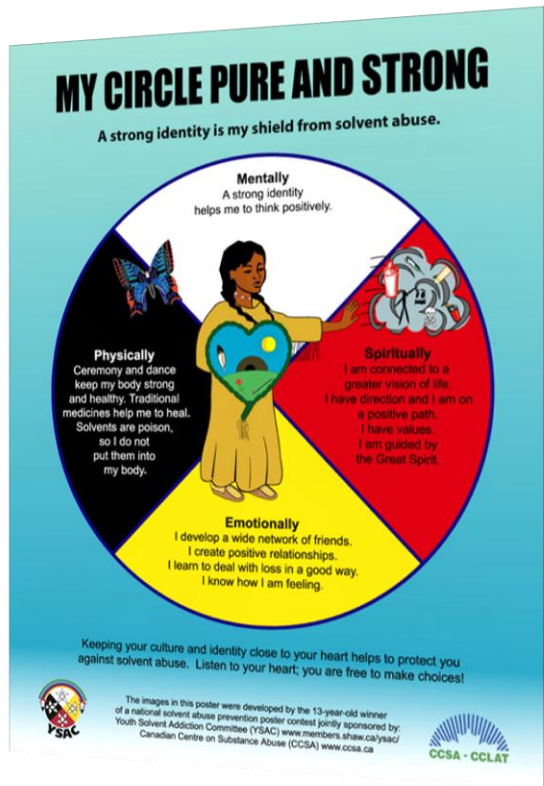
### 2005- 2006 Environment Goals Acheived

- YSAC reviewed disaster planning protocols nationally and developed a disaster planning best practice guide to be included in the YSAC reference manual.
- YSAC reviewed the infection control standards through CCHSA and then shared template infection control polices and manuals with each YSAC centre.

### Additional Environment Activities

- We celebrated with Ka Na Chi Hih treatment centre in September 2005 as they officially open their new treatment facility.
- YSAC completed a draft protocol for capital reserve funding, in an effort to proactively deal with the issue of aging facilities and capital needs.

## Prevention Matters



Although the majority of our programs are residential services, over the last few years YSAC has made a concentrated effort to administer and support prevention based activities at a community and centre based level. A few of our prevention highlights for last year include

- ❑ The dissemination of over 500 solvent abuse prevention manuals to all First Nation Head start programs.
- ❑ The development of an eight-hour prevention training for communities.
- ❑ The development of a prevention poster (pictured left) that was the result of a national art contest for children and youth.
- ❑ The development and distribution of over 1500 coloring books with a “stay strong” prevention message
- ❑ The addition of a community based outreach position at Ka Na Chi Hih Centre, serving First Nations in the NAN areas.

Posters are available through the YSAC centre in your area.

## Accountability

YSAC as a committee and the individual centres have several mechanisms in place to promote accountability to clients, parents and funders. YSAC centres employ a routine procedure of published satisfaction surveys, Annual general Meetings and publication of individual centre annual reports.

As a routine portion of the accreditation process surveyors speak directly to client and community focus groups, centre staff, and referral sources about their experiences with the centre.

YSAC committee minutes are circulated through each treatment centre and its Board of Directors and included with regional FNIHB reports and NNAPF Board meetings. In addition, YSAC demonstrates accountability through the standard processes of each centre: an annual audit, Substance Abuse Information System Reports, Client Data-Base Profiles, Occupancy rates (minimum of 80%), Operational Days (minimum of 351 days), and Accreditation or Provincial licensing status.

Perhaps the most significant indicator of YSAC accountability has been in the achievement of the majority of our goals over the year. The summary of goal achievement presented earlier in this report provides some perspective of the scope of work the YSAC group has taken on and achieved as a team with sincere commitment to advancing the field of solvent / inhalant addiction services.

## Finance

All YSAC centres are federally funded projects through the Federal Brighter Futures Initiative. Each centre is managed through some form of First Nations Governance structure which may include Provincial incorporation or Tribal Administration. As a result of their various governance structures, all centres undergo an annual audit performed by an independent provincial auditor. Audits as well as individual centre annual reports are submitted to First Nations and Inuit Health Branch both regionally and nationally.

Each centre is funded at \$103,000.00 per bed annually. The youth solvent addiction committee is funded for coordination services, meeting expenses and projects as submitted in advance by way of an annual work plan. Itemized financial statements are reviewed in the presence of First Nations and Inuit Health Branch at each quarterly YSAC meeting, and an annual financial summary is provided by the incorporated organization hired to administer the YSAC contribution agreement. This fiscal year Nechi Institute ([www. Nechi.com](http://www.Nechi.com)) acted as host and administrator for the YSAC contribution agreement.

## Networking and Partnership

This year the demand for speaking engagement from the YSAC group continues to rise.

We always welcome the opportunity to share the story of YSAC and some of the centres successes of the group and the individual centres. This is just one avenue that raises the profile of solvent abuse and the importance of implementing a coordinated system of response throughout the continuum of addictions care.

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YSAC participated as a program planning member for the Canadian Centre on Substance Abuse's 2005 Issues of substance conference.

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November 2005- YSAC and CCSA collaborated with the National Institute on Drug Abuse and the Fogarty International Center of the U.S. National Institutes of Health, and the Canadian Institutes of Health Research (Institute of Neurosciences, Mental Health and Addiction) to identify a Canadian delegation to attend an international conference on inhalant abuse among children and adolescents - Inhalant Abuse Among Children and Adolescents: Consultation on Building an International Research Agenda.

\*\*\*\*\*

November 2005- YSAC presented two separate papers at the first annual CCSA Issues of Substance National Conference

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Charles J Andrew Youth Centre



Charles J Andrew Centre  
Box 109  
Shetshatshiu, LABRADOR  
AOP-1M0  
Phone 709.497.8995

### The Charles J. Andrew Youth Treatment Centre

Charles J Andrew is located in the community of Sheshatshiu, Labrador. The Centre offers solvent addiction treatment services for First Nation youth, between the ages of 11 and 17. Charles J Andrew is a ten-bed facility that operates a four month intake cycle with a 6 week family component all year round.

*Mission: The Charles J. Andrew Youth Treatment Centre is committed to empowering aboriginal youth throughout Canada through the provision of a holistic healing program. The program is strongly influenced by traditional aboriginal values, beliefs and practices. Spirituality and reconnecting to the land will be key components in nurturing and building self-confidence and developing skills amongst youth to help them reach their full potential as community members.*

### Services Offered:

#### Treatment Program

Individual Therapy  
Group Therapy  
Traditional Native Therapy  
Family Counseling  
Academic studies  
Recreation  
Wilderness Program  
Virtues Program

#### Pre & Post Treatment

Help referral agencies complete individual assessments  
Help referral agencies develop treatment plan for clients  
Develop individual aftercare plan with clients and community agencies  
Contact former clients on a regular basis  
Provide communities with workshops on solvent abuse



## *Charles J Andrew 2005-2006 Program Highlights*

- Achieved accreditation. Centre improved dramatically in one year, went from 60 total recommendations in 2004 to a total of 11 in 2005.
- Participated in Suicide Prevention walk
- Youth participated in Cadet program
- Youth learned survival skills and water safety while on nutshimit trips
- On average, youth attended 5 camping trips per program
- One youth participated in a land based reconnection trip. This trip was by skidoo to link three Innu communities along the traditional hunting routes. They traveled for 10 days from Sheshatshiu to Kamestasin.

### **Staff Development Highlights**

- All staff attended weekend retreat
- 4 staff completed leadership development
- All staff completed conflict resolution training
- One staff certified as a grief recovery specialist
- One staff completed mental health and addictions training
- Two staff completed clinical assessment training
- All staff completed behavior management and illicit drug use
- All staff completed Crisis Prevention and Intervention training or refresher
- Two staff certified in Emotional Intelligence level one
- All front line workers certified in First Aid and CPR
- Four staff obtained certification in Prevention, Awareness and Community Education (PACE) Crystal Meth specialist program
- Two staff certified to be facilitators for Community Youth Justice forums
- Two staff received training for Human Resource Development
- One staff received resiliency training
- All staff received training in family violence and behavior management
- 1 staff attended Accreditation Coordinators workshop

### **Outreach Activities:**

- Charles J Andrew offered a grief recovery outreach program in Pond Inlet- 90 students attended.
- We a continuous outreach program (January 18-March 30) in Sheshatshiu-56 youth attended.



Ka Na Chi Hih Centre



Ka Na Chi Hih Treatment Centre  
1700 Dease Street  
Thunderbay, ONTARIO  
P7C-5H4  
Phone 807.623.5577

Our Mission:

*In keeping with the sacred teachings of the Creator, Ka-Na –Chi-Hih Specialized Solvent Abuse Treatment Centre will provide a nurturing and supportive environment for youth who are embarking on their healing journey to wellness of body, heart , mind and spirit.*

### Ka– Na –Chi– Hih Treatment Centre

Ka Na Chi Hih is a 12 bed residential centre for males 16-25. We are currently located in the Lakehead Psychiatric Hospital in Thunder Bay, Ontario, and are now in the process of constructing a separate facility for long term use. The treatment program is based on the medicine wheel concept, and combines traditional and contemporary approaches to holistic treatment. A residential program, the centre operates 7 days per week 24 hours per day. A typical day consists of breakfast, morning circle, educational sessions, one on one counselling, drumming, arts and crafts, life-skills training and recreation, with a weekly healing lodge. Clients are afforded the opportunity to attend educational upgrading through an offsite centre ( Youth Employment Services) in Thunder bay.

The clients attend local pow wows and are engaged in a culturally focused recreation program which includes annual field trips for fasting and medicine gathering.

There is generally a waiting list of 10-15 clients who are referred from across Canada by community workers. The referral process involves a unified process of information gathering between the treatment manager and treatment team to ensure client needs are met.

## *Ka Na Chi Hih Program Highlights*

- Grand opening of Ka-Na-Chi-Hih Treatment Centre in September 2005.
- Ka-Na-Chi-Hih Annual SAAFE walk in conjunction with Grand Opening.

In addition to regular programming Youth attended various workshops and activities including:

- Sexual abuse workshop
- Anger management workshop
- Suicide prevention workshop
- Career Development Conference
- Various cultural workshops within the community
- Seven Grandfather Teachings Conference
- Four weekly camping trips
- Embrace Life Forum
- Two hockey tournaments
- Powwows
- Bi-weekly sweat lodge ceremonies

### **Program Statistics:**

25% of the total 37 clients had graduated into the second phase of treatment,

75% of the graduates went on to enter into a educational program to further their education.

### **Staff Development Highlights:**

Emotional Intelligence I – two staff

Emotional Intelligence II – one staff

Suicide Prevention and Intervention Training – seven staff

Valpar- one staff

Crystal Meth Training – five staff

Resiliency Training – two staff

Non-Violent Crisis Intervention Training – nine staff

CMHA Annual Forum – two staff

Research Methods – one staff

Management and Supervision – two staff

Clinical Supervision – two staff

Accreditation Coordinator Workshop – one staff

### **Outreach Activities:**

Ka Na Chi Hih participates in the following Outreach Events

- Information booth in promoting youth wellness at the Annual Embrace Life Forum
- Advocated on behalf of current and past clients in a variety of personal events
- Attending the Centre for Addictions and Mental Health Diversity Forum



Nenqayni Treatment Centre  
Box 2529  
Williams Lake, BRITISH COLUMBIA  
V2G-4P2  
Phone 250.989.0301

### Nenqayni Treatment Centre

Nenqayni is located in the heart of the Cariboo Region of British Columbia in the territory of the Chilcotin Shushwap and Carrier First Nations. Nenqayni's Youth Program has been running for over 7 years. We serve First Nations Youth and their families from communities across Canada. The Youth & Family Inhalant Program is a six month program for the treatment of female solvent abusers ages 13-18. The program also addresses other issues through individual and group sessions such as: drug alcohol and cross addictions, grief and loss, anger management, family violence, self-esteem, sexual abuse, co-dependency, self-awareness, communication skills, life-skills, spirituality, health education and personal wellness. The balanced program is enhanced by cultural teaching, academic assistance, hand crafts, recreation and a variety of physical activities.

Our statement of purpose is;

*"To provide holistic healing to First Nations and Inuit youth and families, and communities in a safe and secure environment."*

We believe that the family and community is an important part of youth treatment. We provide a family component near the end of the youth's treatment cycle. The families are given an opportunity to join the program for a period of four weeks to participate in family counseling sessions designed to strengthen family unity prior to their return to the home community. Aftercare is also provided for the youth, a 24-hour telephone counselling is available and community visits are made by staff whenever possible.

## *Nenqayni Treatment Centre Program Highlights*

During the past year Nenqayni Wellness Centre has continued to move forward with new initiatives designed improve the quality of our program. We have joined forces with the Williams Lake Literacy Committee to enhance literacy among our program participants. Substantial progress has been made in the creation of a reading library for the youth with the purchase of over a hundred volumes. The focus of the library is on quality literature for teen readers.

New staff members with a strong background in fitness have joined the centre making it possible to enhance our physical education program. New weight training equipment has been purchased to replace our old weight machine. Yoga and a running program are also new additions to the health and fitness program.

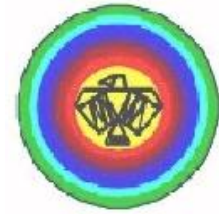
### **Staff Development Highlights:**

The main focus in clinical staff professional development over the past year has been the movement toward certification. The clinical director was registered in October 2005 by the BC Association of Clinical Counselors and has progressed in his doctoral work to the Ph. D. (candidate) level. Three staff members are working toward their Masters degree. All clinical staff received accreditation from CCPC.

Beginning in 2006 the First Nations Wellness/Addictions Counselor Certification Board will be certifying counselors in British Columbia. All current Nenqayni clinical staff has applied for certification by FNWACCB and all new clinical staff will be required to be certified by FNWACCB. Once certified by FNWACCB individuals are eligible to apply for National and International Certification through the National Association of Alcoholism and Drug Abuse Counselors and the International Certification and Reciprocity Consortium/Alcohol and Other Drug Abuse.



Nimkee Nupigawagan Healing Centre



*Nimkee Nupigawagan Healing Centre  
RR 1  
Muncey, ONTARIO  
N0L 1 Y0  
Phone 519.264.2277*

### Nimkee Nupigawagan Healing Centre

Nimkee Nupigawagan offers residential treatment services for First Nation Youth, ages 12 to 17, who are challenged with solvent addiction. As a culturally based program, assessment & counseling begin from a place of respect that focuses upon the strengths of Native youth, their family and community. There are 3 intakes per year: January to April, May to August, and September to December. These intakes alternate between female and male gender-based program. Families of the youth (3 people) are invited to stay in the residence with the youth midway through the program for 1 to 3 weeks. When necessary and appropriate, psychological and psychiatric assessments are completed through referral. Treatment Program Includes:

Individual Therapy: Expressive Arts Therapy, Traditional Native Therapy

Individual & Group Counseling: Reality Therapy, Life/Social Skills, Personal Life Management, Violence Prevention, Sexuality, Addictions

Group Therapy: Art Therapy, Sexual Abuse, Family Violence, Grief & Loss

Traditional Native Therapy: Sweat Lodge, Pipe, Smudge, Fasting & Other Ceremonies; Clan, Male & Female Roles & Responsibilities and other Traditional Teachings; natural medicine for cleansing and liver detoxification

Family Counseling: Parenting Skills, Parent Support, support networks, family dynamics

Education: on site learning centre

Recreation: biking, swimming, skating, bowling, outdoor/indoor team sports, camping

Health Services: Physician, Dentist & Eye Doctor appointments, referrals for other health care needs

Work Placement: day care, summer day camp, library within NNHC

Adventure Based Recreation Program

## *Nimkee Nupigawagan Healing Centre Program Highlights*

### *Cultural Program Activities:*

- Youth continue to be assessed by Traditional Practitioners through the services of Southwest Ontario Health Access Centre. Through the assessment, the youth receive clarification on their Spirit Name, Clan and any special ceremonies or feasts that need to be conducted as part of their Treatment Plan of Care.
- 67% of the male & female youth participated in Fasting Ceremonies by Fasting for 2 days and 2 nights. This year 1 Father fasted for 2 days at the same time as their youth.
- All the youth participate in Full Moon Ceremonies as well as their parents when they are at NNHC.
- A majority of the youth participate in bi-weekly Sweat Lodge Ceremonies
- Memorial Feasts are held before each of the Fasting Ceremonies which provides a meaningful process for youth to be able to address their unresolved grief.

### *Program Stats:*

- Family Treatment- Nimkee Nupigawagan hosted a total of 313 family treatment days this fiscal year
- Client satisfaction results show 100% of youth saying the benefit from the cultural portions of the program.
- 89% of youth cited the following activities as providing the most personal benefit: Self Esteem sessions, Anger Management, Healthy Sexuality and Bullying prevention.
- Staff satisfaction rates continue to be high with an 87% satisfaction rate on “current job”
- Average length of employment is 5.9 years, with a staff turnover rate of only 11%
- The client follow up showed Nimkee Nupigawagan staff spent a total of 64 hours in telephone contact with over 421 contact instances.
- 84% of clients report they did not return to sniffing after program completion
- 67% report not using any substance at all
- 83% report returning to live with family

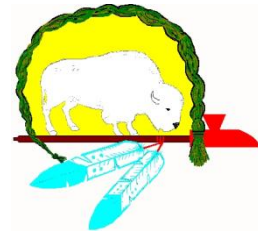
### *Staff Development Highlights*

- Five staff were certified in level One Emotional Intelligence
- Four staff were certified in Emotional Intelligence Level Two
- One Staff received masters level certification





White Buffalo Youth Centre



*White Buffalo Treatment Centre  
Box 250  
Prince Albert, Saskatchewan  
S6V-7G3  
Phone 306.764.5250*

### White Buffalo Treatment Centre

The White Buffalo Youth Inhalant Treatment and Intervention Program is a 10 bed residential facility located on the Sturgeon Lake First Nation, 40 minutes North West of Prince Albert, Saskatchewan. The Treatment Centre is designed to meet the needs of female First Nations youth between the ages of 12 and 17, who are involved with inhalant abuse and who are experiencing related problem areas.

The program is based on a holistic treatment model. Using the four cornerstones of treatment, spiritual, emotional, physical and mental, as well as using the concept of "living therapy" where by treatment is integrated into all interactions in which the youth participate.

It is the belief of the White Buffalo Treatment Centre that while it is essential to have both intensive casework and group sessions to review individual problems, it is equally important to integrate relaxation, recreation, life-skills, formal education and cultural activities into a positive therapeutic, interdisciplinary treatment model.

The Treatment Program at White Buffalo Treatment Centre is designed to maximize youth potential through systematically improving self-esteem and equipping youth with "tools for life" The concepts of inner resiliency and strength based assessment are used extensively throughout the treatment process.

The Treatment Program is separated into four distinct six-week phases, with each phase designed to teach different skills useful in developing an inhalant free lifestyle.

One of the unique features of the White Buffalo program is the extensive prevention, early intervention and mobile treatment services that are available to communities of Saskatchewan through the outreach component of the program.



## *White Buffalo Treatment Centre Program Highlights*

### *Program Highlights:*

There have been several staffing changes during this past year. Key positions were vacated and subsequently filled. A new Executive Director was hired and began in December of 2005; the Case Coordinator position was filled internally and an Outreach Worker moved on to Alberta. We also saw the departure of the Administrative Operations Manager and two Youth Workers. Obviously, this has had an impact on the remaining staff and delivery of the program. The Board of Directors and the Staff have worked extremely hard to ensure that quality programs and services continue to be delivered

### **Staff Development Highlights:**

April 13 – 2 staff attend training... “Conflict Management skills for women”

April 20 – 1 staff Saskatoon Health Region

April 6 - 1 staff trained as a Trainer in suicide prevention through Living Works Education

April 25 – 27<sup>th</sup> 5 staff receive suicide intervention training

May 4 - 1 casual staff attends conference on child and family services

May 26 – 1 staff receives renewal of their present CACII certified addiction counselor

June 13/14 – 9 staff attend 16 hour Crystal Meth training offered by SIIT

June 15 - 10 staff “Team building” from SIIT

July 7 – Case Coordinator provided VALPAR training to other YSAC centers

September – 3 staff attend Emotional Intelligence offered by YSAC

October 21 – 1 staff receive “Clinical Supervision Foundations”

October 24 – 1 staff attends Mini course on addictions offered by PACADA

December 12 – 2 staff attend CPR/ First Aid training

December 15 – 1 staff receives training in “research methods” offered by YSAC

January 2006 - 2 staff attend “Who’s stuff is it anyway” workshop

Feb 11, 06 – 13<sup>th</sup> 1 staff attend CPR/First Aid training

March 06 2 staff receive training in “Clinical Supervision” offered by YSAC



Whiskyjack Centre



*Whiskyjack Treatment Centre  
Box 580  
Norway House, MANITOBA  
R0B-1B0  
Phone 204.359.8995*

## Whiskyjack Treatment Centre

Whiskyjack Treatment Centre program offers 22 beds for residential treatment services of which 12 beds are dedicated to solvent abuse and 10 beds for other addictions. The program is designed to accommodate First Nation Youth, ages 11 to 17. The program is based on providing effective holistic healing for youth and their families within a safe environment of respect, trust and love. The program is offered continuously throughout the year for female and male clients with both programs operating simultaneously but separated by gender. Intake occurs continuously. When necessary and appropriate, Psychological and Psychiatric assessments are referred.

### Treatment Program Includes:

Individual Therapy: Expressive Arts Therapy, Traditional Native Therapy  
Individual & Group Counseling: Reality Therapy, Life/Social Skills, Personal Life Management, Violence Prevention, Sexuality, Addictions  
Group Therapy: Sexual Abuse, Family Violence, Grief & Loss  
Traditional Native Therapy: Sweat Lodge, Pipe, Smudge, Fasting & Naming Ceremonies; Clan, Male & Female Roles & Responsibilities and other Traditional Teachings.  
Family Program: Parenting Skills, Parent Support, support networks, family dynamics  
Education: On site classroom.  
Recreation: swimming, skating, bowling, outdoor/indoor team sports, camping, field trips, Gym  
Health Services: regular Doctor, Dentist & Eye Doctor appointments, referrals for other health care needs  
Personal Life Management: Structured and systematic program, develop coping skills.

## *Whiskyjack Treatment Centre Program Highlights*

### *Program Highlights:*

- Whiskyjack Treatment Centre reopened upon receiving its license to accommodate clients on November 16, 2005.

### *Staff Development Highlights*

- Two Staff Members are currently enrolled in the First Nations Community Wellness Diploma Program. One of the staff members are expected to finish the program in September 2006.
- Staff members participated in a Group Facilitation workshop in Winnipeg, MB in February 2006.
- Staff participated in the workshop on the 'Impact of Abuse and Neglect on Child Development', which took place from March 20 to 24, 2006. The workshop was facilitated by Bev Wiebe and took place at Whiskyjack Treatment Centre
- Two Staff members took part in the Accreditation workshop held in Winnipeg.
- The Maintenance Worker attended a workshop on 'Water Treatment from February 27 – March 3, 2006, Winnipeg, MB

### *Outreach Activities*

- A Workshop was facilitated by the Outreach Worker in Shamattawa, MB from January 16 -19, 2006.
- A Workshop was facilitated by the Outreach Worker in Lac Brochet, MB from February 6 – 9, 2006



Whiteswan Centres Inc.



*Whiteswan Treatment Centres Inc.*  
Box 25  
Kinuso, ALBERTA  
T0G-1K0  
Phone 780.775.2555

### The White Swan Treatment Centres

The White Swan Treatment Centres are located in two separate facilities located in Swan River First Nation and Whitefish Lake First Nation, Alberta. The Swan River Centre is 3 hours Northwest of Edmonton. The Whitefish Lake Centre is 4 1/2 hours Northwest of Edmonton.

White Swan was developed in 1999, to assist young people who have a history of inhalant addictions and trauma. The target populations for the White Swan Treatment Centres are male and female Aboriginal youth between the ages of 8 and 17 years. In addition to the use of substances, clients accepted into White Swan Treatment Centres usually exhibit, or are affected by underlying factors which contribute to their inhalant/chemical usage such as trouble with the law and family dysfunction.

The residential treatment care program is six months in duration. The program is made up of several required modules, which are deemed essential to learning prior to a client's discharge. However, it is anticipated that some clients may require extended lengths of stay in order to facilitate and achieve baseline rehabilitation. The program at White Swan Treatment Centres is directed and guided by principles of holistic treatment. These principles respect Aboriginal traditional practices and western practices of treatment, integrating the mental, physical, emotional and spiritual aspects of the individual. It is imperative to the foundation of programs and services, that one on one counselling be provided to the clients, on a regular and consistent basis. In addition, clinical services will be extended to clients on a case by case basis.

## *White Swan Treatment Centre Program Highlights*

### *Program Highlights:*

- WSTC had been subjected to and involved in a number of Program Reviews within this fiscal year: The outcomes of the reviews brought recommendations and possible tools to enhance the strengths of the program, to resolve any identified deficiencies and to ensure effective functioning of the program.
- WSTC has submitted a Proposal to First Nations to Employment Program - Alberta Human Resources and Employment requesting funding to bring NECHI Addictions Training to both Swan River and White Fish Lake Communities. The proposal calls for twenty training seats to train in the areas of Community Addictions Training (CAT) and Advanced Counselor Training (ACT). Both CAT and ACT have several module components that require completion in order to obtain the certification. The training will be open to existing WSTC staff and other interested individuals.

### *Staff Development Highlights:*

- Three staff members attended NECHI Institute for Community Addictions Training in Alcohol and Drug Counseling in the summer of 2005. The staff continues to participate in the NECHI Training. Two staff will complete their Certified Addictions Training Certificates. The same staff members are currently working on Advanced Counselor Training Certificates and will be graduating on June 10, 2006. The Advanced Counselor Training Certificate provides training in advanced skill development and in-depth knowledge in specific areas, such as One on One Counseling, Family Dynamics, Group Dynamics Suicide Prevention & Grieving, and Culture & Traditional Values.
- One staff member is currently attending NECHI Institute to complete a Program Management Certificate. This certificate provides the individuals with training in Management skills. The course consists of three modules, which are Internal Relations and Communications, Strategic Planning and Evaluation, External Relations and Proposal writing. This will be completed May 2006, followed by a graduation in June 2006.
- Five employees have applied for certification through Canadian Council of Professional Certification, (CCPC) and are currently waiting for response. CCPC is an organization established for the purpose of recognizing the accomplishments of professionals working in their specific discipline, in this case, Addiction Counselors. In total 8 staff members are certified by Canadian Council of Professional Certification with CAC 11 certification.

### *Outreach Activities:*

- WSTC was invited to participate in a Community Gathering in Fox Lake, Alberta to do a presentation on the Program and Services that WSTC provides. This step was taken by the community to continue to explore opportunities, which improve their support to the youth who are experiencing solvent and other addiction issues. Chief and Council, RCMP, Community and the Elders of the community requested that a Mobile Treatment Program be delivered in the community. This request came as a result of the community's remoteness and isolation factors, along with the language barrier. Most of the youth affected that require treatment are very young and having to leave their community for any extended period of time would not be feasible. It was noted by the Elders that when the youth are sent out of the community for any type of treatment they would tend to leave the programs prematurely due to loneliness. The overall indication was that the clients would benefit if a Treatment Program were offered at the community level.  
The Mobile Treatment Program was however not possible due to the lack of funding and support that is being provided by FNIHB.

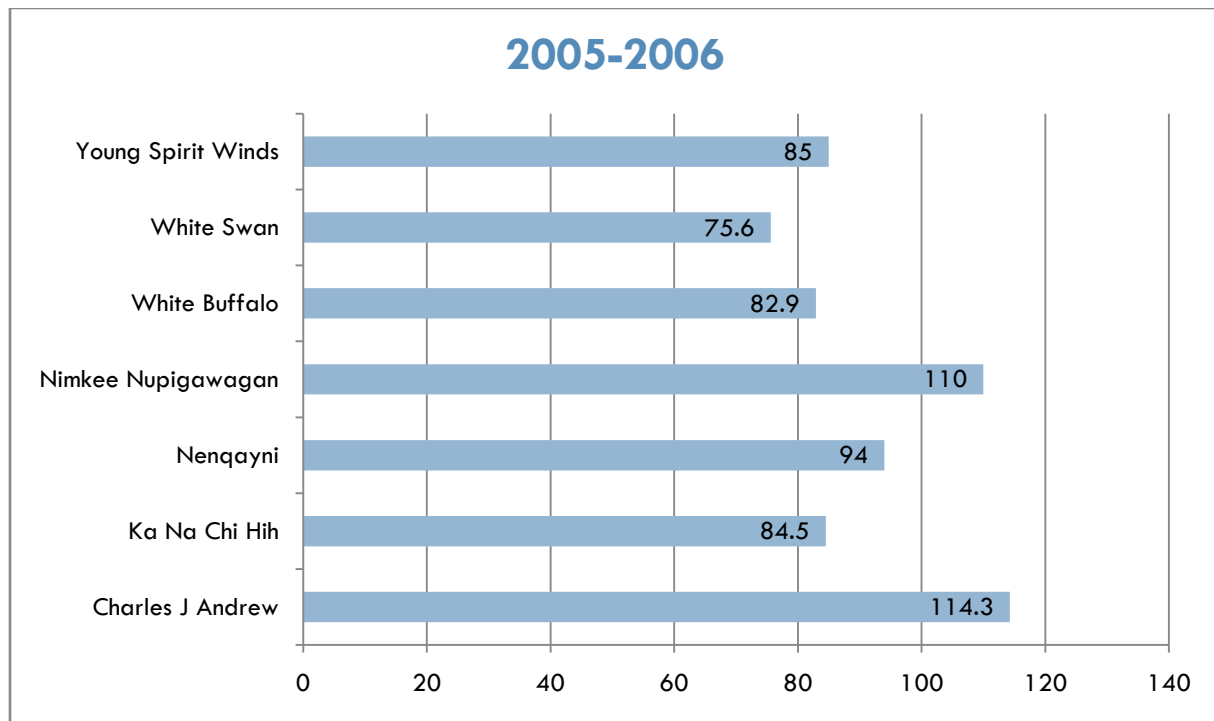
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## STATISTICAL SUMMARY

## National Occupancy

| Treatment Centre                             | 1 <sup>st</sup> Quarter                                                                                                                                                                            | 2 <sup>nd</sup> Quarter | 3 <sup>rd</sup> Quarter | 4 <sup>th</sup> Quarter | Annual        |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-------------------------|-------------------------|---------------|
| Nenqayni Treatment Centre                    | 96.3%                                                                                                                                                                                              | 86%                     | 90%                     | 96%                     | 94%           |
| White Buffalo Youth Inhalant Centre          | 97.3%                                                                                                                                                                                              | 79%                     | 81.3%                   | 74.3%                   | 82.9%         |
| Ka Na Chi Hih Solvent Abuse Treatment Centre | 75.7%                                                                                                                                                                                              | 84.5%                   | 85.8%                   | 91.8%                   | 84.5%         |
| Nimkee NupiGawagan Healing Centre            | 103%                                                                                                                                                                                               | 108%                    | 121%                    | 108%                    | 110%          |
| Charles J. Andrew Youth Treatment Centre     | 116.4%                                                                                                                                                                                             | 68.6%                   | 74.7%                   | 179.5%                  | 114.3%        |
| Young Spirit Winds                           | 75%                                                                                                                                                                                                | 93%                     | 85%                     | 93%                     | 85%           |
| White Swan Treatment Centre                  | 88%                                                                                                                                                                                                | 73%                     | 73%                     | 68%                     | 76%           |
| Whiskyjack Treatment Centre                  | *                                                                                                                                                                                                  | *                       | 45%                     | 55%                     | 50%           |
| National Average Occupancy                   | <b>95.4%</b>                                                                                                                                                                                       | <b>84.59%</b>           | <b>87.26%</b>           | <b>101.51%</b>          | <b>92.39%</b> |
| <b>*Centre closed for redevelopment</b>      | Please Note: Occupancy levels are sometimes higher than 100% due to family utilization and community Outreach utilization of program resources.<br>** Whiskyjack not included in national average. |                         |                         |                         |               |

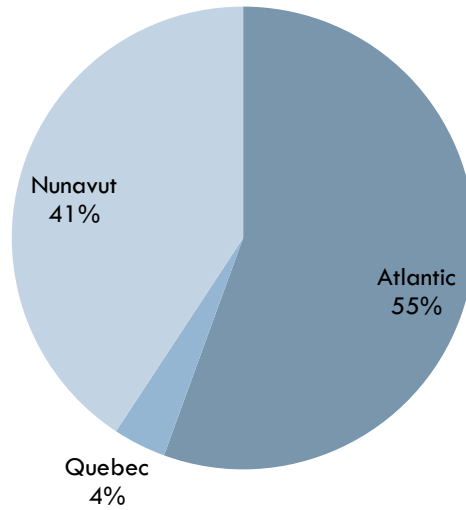
## National Occupancy (%)



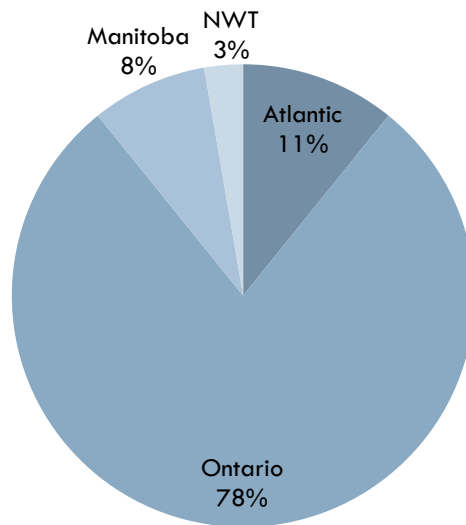


## Region of Origin by Centre

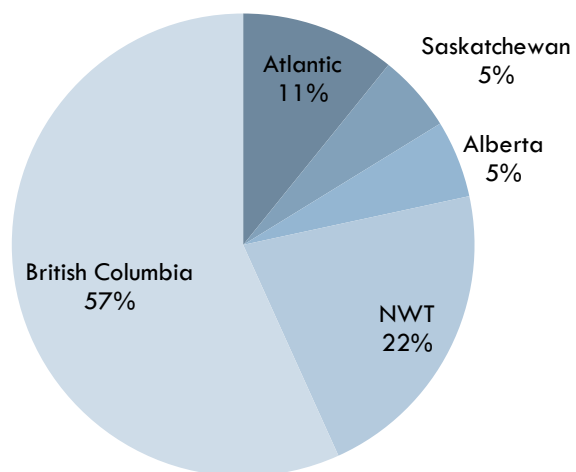
### Charles J Andrew



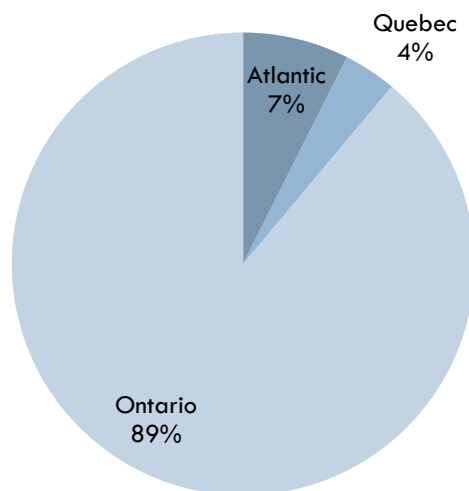
### Ka Na Chi Hih

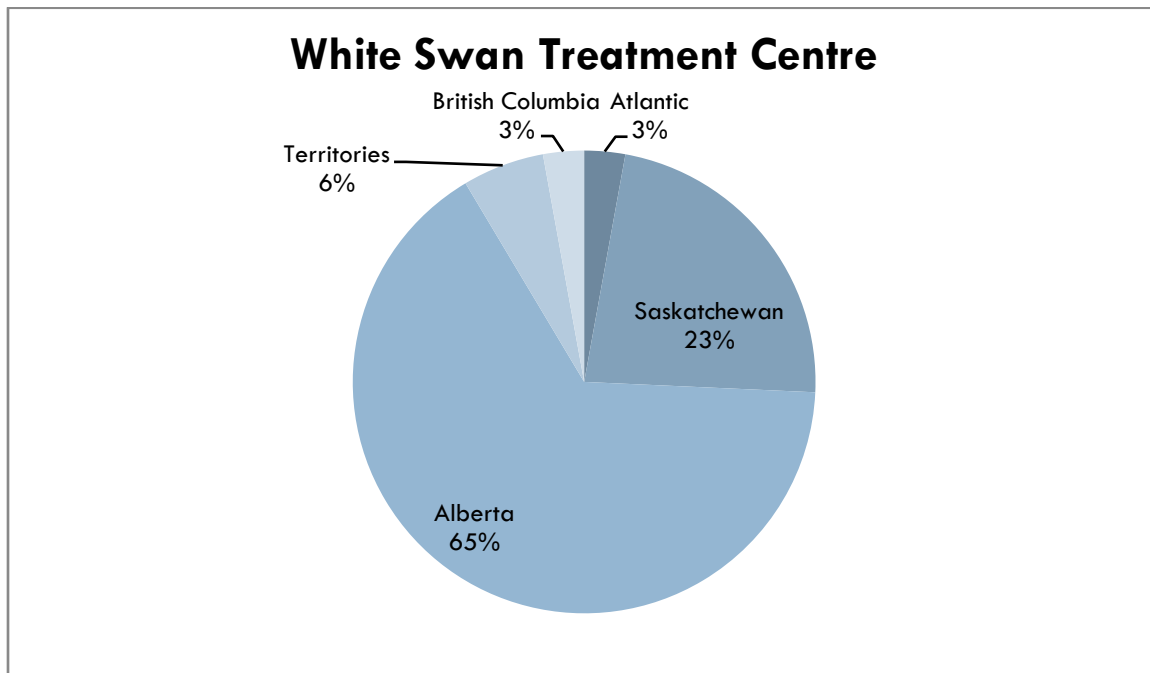
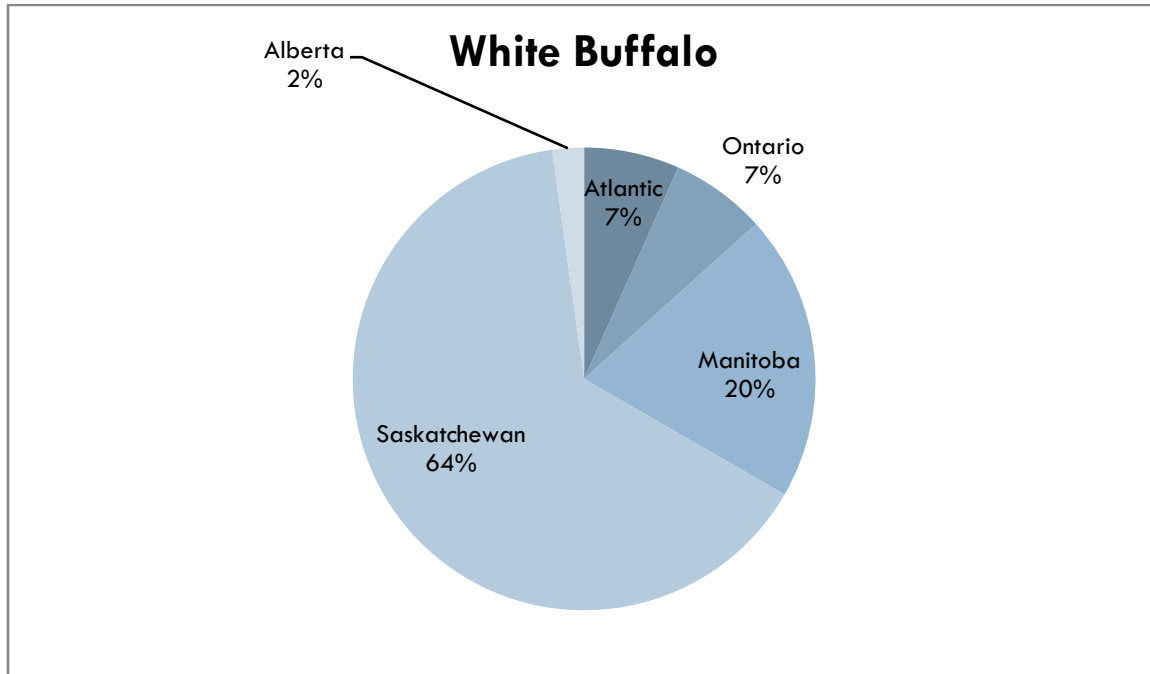


## Nenqayni

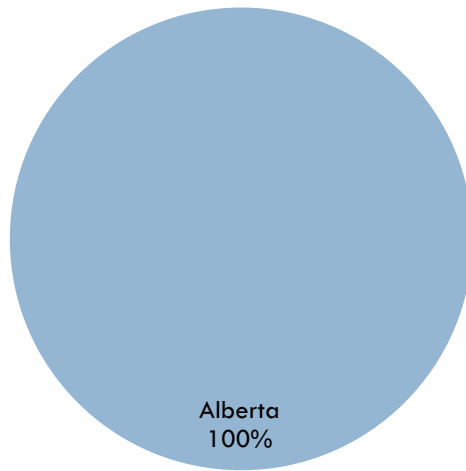


## Nimkee Nupigawagan

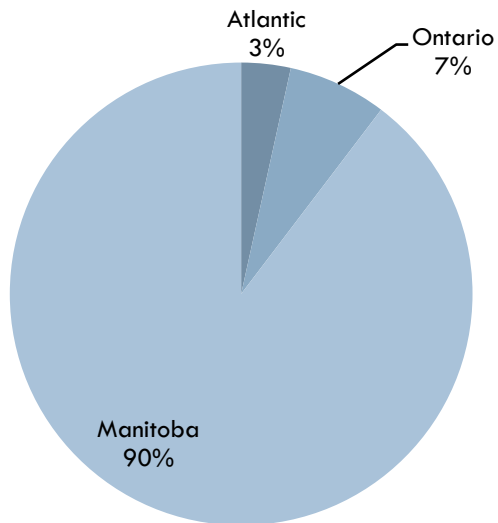




### Kanaiwa Treatment Centre



### Whiskyjack Treatment Centre



## National Client Profile

| Average Client Age ( At Intake) | Males | Females | Combined |
|---------------------------------|-------|---------|----------|
| Charles J Andrew                | 15    | --      | 15       |
| Ka Na Chi Hih                   | 20    | --      | 20       |
| Nenqayni                        | --    | 15.32   | 15.32    |
| Nimkee                          | 16    | 15      | 15.5     |
| White Buffalo                   | --    | 13.5    | 13.5     |
| Young Spirit Winds              | 14.5  | 14.5    | 14.5     |
| White Swan Centre               | 14    | 16      | 15       |
| Whiskyjack Treatment Centre     | 13    | 14      | 13.5     |
| Nationally                      | 15.4  | 14.7    | 15.3     |

| Not attending school at entry | Males | Females | Combined |
|-------------------------------|-------|---------|----------|
| Charles J Andrew              | 54%   | --      | 54%      |
| Ka Na Chi Hih                 | 100%  | --      | 100%     |
| Nenqayni                      | --    | 43%     | 43%      |
| Nimkee                        | 55%   | 67%     | 59%      |
| White Buffalo                 | --    | 31%     | 31%      |
| Young Spirit Winds            | 45%   | 28%     | 37%      |
| White Swan Centre             | 41%   | 47%     | 44%      |
| Whiskyjack Treatment Centre   | 60%   | 53%     | 56.5%    |
| Nationally                    | 59%   | 44.83%  | 52.57%   |

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| <b>History of Suicide Ideation</b> | <b>Males</b> | <b>Females</b> | <b>Combined</b> |
|------------------------------------|--------------|----------------|-----------------|
| <b>Charles J Andrew</b>            | 54%          | --             | 54%             |
| <b>Ka Na Chi Hih</b>               | 62%          | --             | 62%             |
| <b>Nenqayni</b>                    | --           | 62%            | 62%             |
| <b>Nimkee</b>                      | 33%          | 78%            | 48%             |
| <b>White Buffalo</b>               | --           | 44.4%          | 44.4%           |
| <b>Young Spirit Winds</b>          | 25%          | 50%            | 37.5%           |
| <b>White Swan Centre</b>           | 21%          | 29%            | 25%             |
| <b>Whiskyjack Treatment Centre</b> | 30%          | 47%            | 38.5%           |
| <b>Nationally</b>                  | <b>37.5%</b> | <b>51.73%</b>  | <b>46.43%</b>   |

| <b>Family Addiction</b>            | <b>Males</b> | <b>Females</b> | <b>Combined</b> |
|------------------------------------|--------------|----------------|-----------------|
| <b>Charles J Andrew</b>            | 88%          | --             | 88%             |
| <b>Ka Na Chi Hih</b>               | 73%          | --             | 73%             |
| <b>Nenqayni</b>                    | --           | 97%            | 97%             |
| <b>Nimkee</b>                      | 55%          | 89%            | 72.00%          |
| <b>White Buffalo</b>               | --           | 100%           | 100%            |
| <b>Young Spirit Winds</b>          | 60%          | 72%            | 66.00%          |
| <b>White Swan Centre</b>           | 47%          | 50%            | 48.5%           |
| <b>Whiskyjack Treatment Centre</b> | 60%          | 63%            | 62%             |
| <b>Nationally</b>                  | <b>64%</b>   | <b>78.50%</b>  | <b>75.81%</b>   |

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| <b>History of Sexual Victimization</b> | <b>Males</b> | <b>Females</b> | <b>Combined</b> |
|----------------------------------------|--------------|----------------|-----------------|
| <b>Charles J Andrew</b>                | 12%          | --             | 12%             |
| <b>Ka Na Chi Hih</b>                   | 57%          | --             | 57%             |
| <b>Nenqayni</b>                        | --           | 59%            | 59%             |
| <b>Nimkee</b>                          | 17%          | 22%            | 18%             |
| <b>White Buffalo</b>                   | --           | 20%            | 20%             |
| <b>Young Spirit Winds</b>              | 17%          | 47%            | <b>32%</b>      |
| <b>White Swan Centre</b>               | 15%          | 18%            | 16.5%           |
| <b>Whiskyjack Treatment Centre</b>     | 20%          | 32%            | 26%             |
| <b>Nationally</b>                      | <b>23.6%</b> | <b>33.00%</b>  | <b>30.06%</b>   |

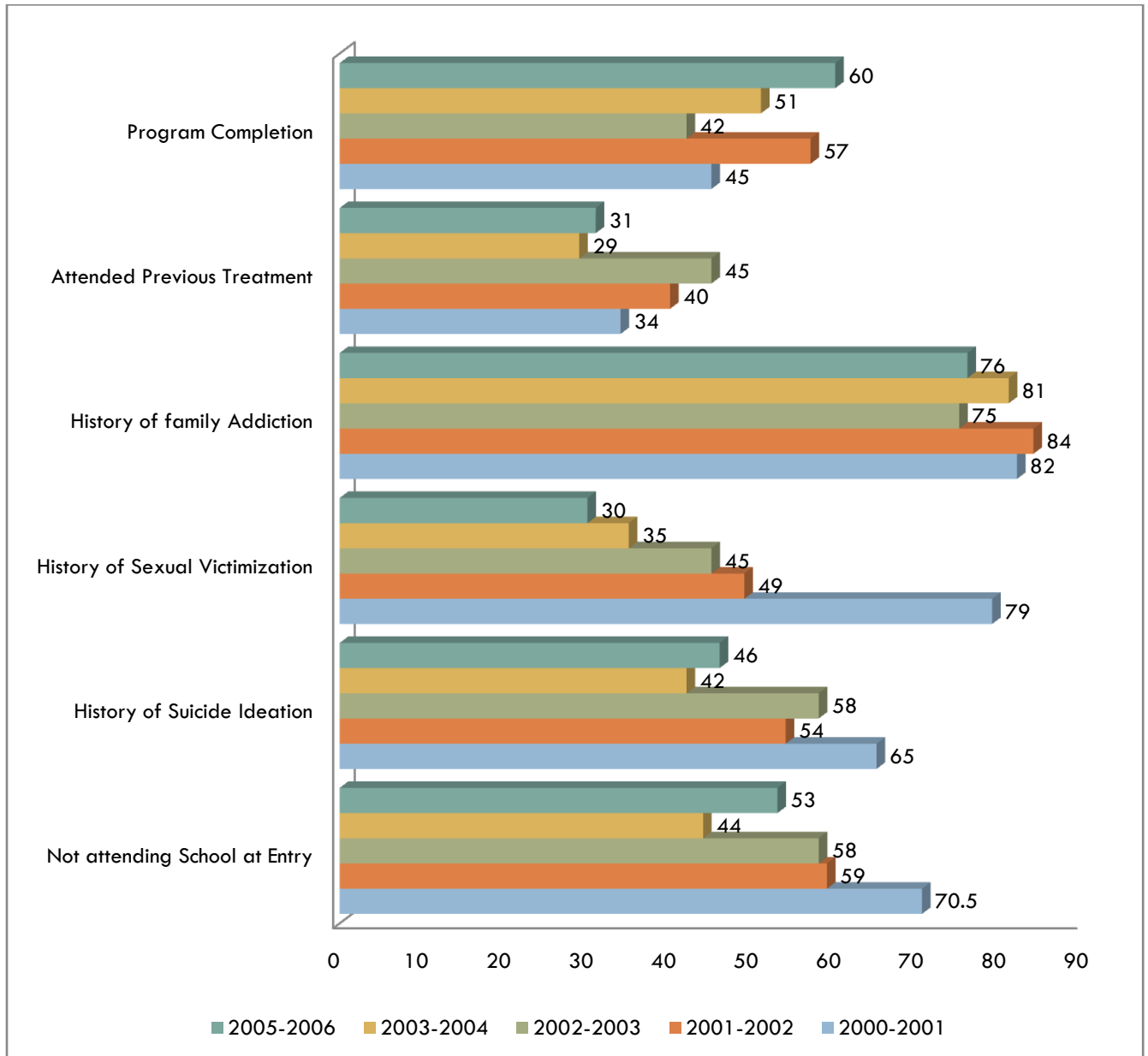
| <b>Program Completion</b>          | <b>Males</b> | <b>Females</b> | <b>Combined</b> |
|------------------------------------|--------------|----------------|-----------------|
| <b>Charles J Andrew</b>            | 92%          | --             | 92%             |
| <b>Ka Na Chi Hih</b>               | 32%          | --             | 32%             |
| <b>Nenqayni</b>                    | --           | 19%            | 19%             |
| <b>Nimkee</b>                      | 100%         | 100%           | 100%            |
| <b>White Buffalo</b>               | --           | 46.6%          | 47%             |
| <b>Young Spirit Winds</b>          | 68%          | 55%            | 62%             |
| <b>White Swan Centre</b>           | 62%          | 24%            | 43%             |
| <b>Whiskyjack Treatment Centre</b> | 90%          | 79%            | 84.5%           |
| <b>Nationally</b>                  | <b>74%</b>   | <b>53.93%</b>  | <b>60%</b>      |

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| Attended Previous Treatment | Males | Females | Combined |
|-----------------------------|-------|---------|----------|
| Charles J Andrew            | 15%   | --      | 15%      |
| Ka Na Chi Hih               | 67%   | --      | 67%      |
| Nenqayni                    | --    | 32%     | 32%      |
| Nimkee                      | 44%   | 11%     | 28%      |
| White Buffalo               | --    | 38%     | 38%      |
| Young Spirit Winds          | 0%    | 4%      | 4%       |
| White Swan Centre           | 15%   | 38%     | 27%      |
| Whiskyjack Treatment Centre | 40%   | 26%     | 33%      |
| Nationally                  | 28%   | 25%     | 31%      |



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## National Summary

Values= %