

# Parent & Guardian Information Handbook



## White Buffalo Treatment Centre



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## INTRODUCTION

Thank you for choosing the White Buffalo Treatment Centre. The highly trained staff of White Buffalo are here to support you and your family in your quest of healthy living. The commitment that you have made with your child and family will have long lasting effects. At the Centre, our collective respect for traditional culture, along with the current best practices of counselling, guides us when receiving your child with the best intentions of safety and positive growth. You can be rest assured that your child will leave with the tools necessary to live and support a healthy lifestyle free from inhalants, should she continue applying the habits and lessons in which we share with her through the Centre's Program. We hope this Information Handbook will give you a good sense as to what you, your child, and referral worker can expect for the duration of the program. We will highlight the strengths of our programs and ensure that you have made the right decision in sharing our Vision which identifies that "By strengthening the inner spirit and holistic wellbeing of our youth we will achieve substance abuse free First Nations".

## IT TAKES A COMMUNITY

A youth in need of treatment is generally first identified by a parent, teacher, or other relative. These individuals may not have access to the resources, and usually seek advice and assistance from a Referral Worker. The Referral Worker may be a Social Worker, Community Health Worker, or NNADAP Worker. Once the referral worker is informed of the situation, they begin the process of assessment. This involves both an assessment of the youth, and of community resources available to meet the youth's needs. Once the referral worker (and supervisor), along with the Parent/Guardian, agree that the youth requires treatment they must complete the Admission Package thoroughly and completely.

## THE FIRST STEPS

For the benefit of your child, it is very important to ensure the appropriate information is included in the Admission Package. This is our starting point for the programming map, that will identify the direction to take, in order to highlight your child's strengths and prepare for challenges. We've included a comprehensive Admission Package in this initial stage to ensure that our programming is appropriate for each youth, and that your information that you have is shared and respected. Once the Admission Package has been received by a referral worker, the package will be reviewed by the Outreach Coordinator to ensure that all relevant information has been filled out adequately and is legible. The Outreach Coordinator will then share the complete Admission Package with the Multidisciplinary Team, which comprises of the Clinical Supervisor, Addiction Counsellors, Youth Workers, and Educators. When necessary, a personal interview/assessment may be conducted by the Outreach Coordinator. This process may take as little as 24 hours or as long as a few weeks depending on each client and the specifics involved and/or required. Also, aftercare is an essential component to treatment. Referrals will be prioritized based on the Aftercare Plan, and the Center's ability to work together with the referral worker, parents/guardians and community, in providing appropriate aftercare services.

## PROGRAM OVERVIEW

The White Buffalo Treatment Centre's Mission is "To empower First Nations youth and families through culturally based holistic treatment and community outreach". Our program is nationally accredited and



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located on Muskoday First Nation in Saskatchewan. We accept referrals from across the Nation. The Center is a ten (10) bed facility for female clients only (ages 12-17) and the program duration is four (4) months. Group sessions include: Family and Group Counselling, Education, Evening Sessions, Sports and Recreation, Equine Program (horse program), and traditional Ceremonies honoring and respecting all cultures from across Canada. Individual sessions include: one-on-one counselling, education plans, and ICP's (Individual Case Plans). Also, each youth is assisted by a key Youth Worker, who will support her in identifying and achieving her goals while in treatment, and ensure that specialized support is available when required. Residents will earn a weekly allowance just by following the program. It is essential that the young client and family understand the duration of the four (4) month treatment plan and is committed to and remain focused on the quality care and programming.

## TREATMENT PROGRAM HIGHLIGHTS

Our programming is based on a holistic treatment model focusing on the traditional cornerstones of life: spiritual, emotional, physical, and mental. In addition, the concept of "living therapy" is integrated into all aspects of the program.

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

Our program is designed to maximize youth's potential through systematically improving self-esteem, and equipping youth with "tools for life". The four distinct phases include;

1. NOURISHMENT AND SELF DISCOVERY
2. EMOTIONAL HEALTH,
3. INTEGRATING THE TOOLS
4. CELEBRATION AND FUTURE VISION.

## PHASE ONE – NOURISHMENT AND SELF DISCOVERY

**WHO AM I** is a 5-session curriculum designed to enable participants to explore their individual family structures, socialization roles, and dynamics. Participants will work through a series of exercises including: family background, family tree designing, and group sharing.

**EMOTIONAL DISCOVERY** is a 10 session curriculum designed to have participants work through exercises on handling emotions. Topics include: anger, frustration, loneliness, and disappointments. From these sessions, youth will empower themselves with the skills to proactively handle varying emotions, including developing their own anger control plans.

**RIGHTS AND RESPONSIBILITIES** is a 4-session curriculum designed to teach the basics of children's rights as it pertains to the Centre, their home communities, the law, and humanity.



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## PHASE TWO – EMOTIONAL HEALTH

**BUILDING A POSITIVE SELF** is a 10-session curriculum designed to give youth a sense of empowerment and identity. Youth will work through sessions on giving and receiving feedback, standing up for ones rights, and accepting compliments. The overall focus is to empower youth to see themselves, and their individual goals as important.

**SMIFFING STINKS** is a 10 session curriculum designed to teach youth the many physical and health related consequences of inhalant use. This lecture series will use videos and medical models to explain, in a very understandable way, the direct and indirect physical and emotional effects. This series will examine why youth choose inhalants and develop personal action plans to maintain an inhalant free lifestyle.

**ADDICTIONS AWARENESS** because inhalants are considered a gateway drug, youth who are in inhalant treatment exhibit an increased risk of becoming involved with other substances. Drug/alcohol awareness is a 9 session curriculum designed to explore the physiological, social, and health related risks of drugs and alcohol. This session will include: group discussion, videos, role plays, and in-depth analysis of family and community drug/alcohol use.

## PHASE THREE – INTEGRATING THE TOOLS

**GRIEF AND LOSS** Youth will work through unresolved grief issues through lectures, group discussions, journaling, and artwork.

**PHYSICAL HEALTH** will identify the importance of taking care of your body. This includes personal hygiene, puberty, STD's, pregnancy, and contraception.

**HONOURING OUR RESILIENCY** This session is designed to give youth a self-inventory with a focus on their strengths. It progresses into goal setting and personal aftercare planning.

**COMMUNITY VALUES** Youth describe their home community with attention given to the positive values that exist. They will share their home communities' cultural beliefs and practices with all residents and staff, counteracting prejudices and reinforcing cultural pride.

## PHASE FOUR – FUTURE VISION

**LIFE SKILLS** In this session youth will learn and practice basic daily living skills. Sessions will include: preparing for a driver's license, opening a bank account, budgeting, and resume or application writing. Topics will be formulated based on the assessed need of the particular intake group.

**ANGER MANAGEMENT** includes one-to-one and group sessions. Personal attention is given to youth identifying their coping and anger releasing behaviors. Plans are tailored to meet the youth's need to master their own anger.

**MAPPING OUR PATH** identifying the route taken that lead to their participation in the Centre's program, the treatment process, and goals that support their wellness. Connections are made to services and resources that will encourage your child's positive intentions of living a healthy lifestyle.

**CULTURAL ACTIVITIES** our holistic Treatment model is braided throughout the Program. They are based on the values and beliefs of traditional native spirituality and cultural ceremonies. Sharing Circles and



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other traditional activities will include: Sweatlodges, Healing/Pipe/Naming Ceremonies, sweetgrass smudge, round dances, Pow Wows, and Traditional arts and Crafts will all be incorporated when appropriate and available. Our resident Elders will guide us throughout our journey to living healthier lives, and are often called upon to share time with each youth, or as a group, when required.

## THERAPEUTIC RECREATION AND PHYSICAL ACTIVITIES

Recreational activities will form a large part of weekend and evening programming. Recreational activities will be chosen based on socialization factors, physical rejuvenation, and active education. Some recreational activities will include swimming, canoeing, fishing, trapping, movies, soccer, volleyball, and individual pursuits, depending on residents' preferences.

## INFORMATION REQUIREMENTS FOR SUBMISSION PACKAGE

The comprehensive Admission Package is available on our Website at [www.wbtc.ca](http://www.wbtc.ca). It contains all the required information that we need in order to assess your daughter's/youth's needs and see if we are the program that will enhance her personal goals in living a healthy lifestyle. Included in the Admission Package is:

**Program Description, Admission Process, Referral Information, Family Information, Religious Beliefs, Legal Status, Chemical Use History, Medical History, Physical Examination, Aftercare Planning, Education Information, Behavior Strategies, Dietary Information, Medical Assessment Form, Current Medication, TB screen Form, Consent to Immunization, AWOL (Absent With Out Leave), Commitment To Care, Consent To Care, Out Of Centre Activities, Information Release, Well-being Consent, and Picture/Video Monitoring**

All forms must be completed in order for the referral process to proceed. **Any incomplete packages will be returned to the referring worker for completion, and will be further supported by the Outreach Coordinator.** Some of the information below will highlight the importance of a complete package.

## MEDICAL INFORMATION

It is important that the White Buffalo Treatment Centre is aware of any past illnesses or medical conditions that may affect treatment. This form is usually filled out by a doctor, however, any information or family medical history, allergies, etc are extremely helpful.

## AWOL PROCEDURES

AWOL means "Absent Without Leave", it is not uncommon for youth in early stages of treatment to run away from the facility. The form is intended to give treatment staff the information that will tell them who and when to contact family and referral workers if your child leaves the facility without permission.

## CONSENT FORMS

(Commitment to Care, Consent to Care, Out of Centre Activities, Consent to Immunization, Well-being, Information Release, and Picture/Video Monitoring)



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Signed Consent Forms will be authorizing treatment staff to provide inhalant abuse treatment to your child. It will identify the important items required to follow our programming with your informed and supportive knowledge.

## TREATMENT CENTRE POLICIES

The treatment Centre has many varied policies on a variety of subjects, any of these treatment policies are available for you to review when you visit the Centre. The following policies are outlined specifically, so you have the information prior to your daughter entering the program.

## CLIENT GRIEVANCES

During her stay, if your daughter has any concerns about any aspect of our program, she can speak to her key worker or any staff to engage in a discussion to clear up any problems. If she feels that she is still not receiving fair treatment, or a reasonable answer to her concerns, she may wish to speak to the Program Coordinator.

The Program Coordinator will discuss an agreeable resolution to the problem with your child. If she feels her concerns are still not resolved, she may speak with the Executive Director or the Chairperson of the Governance Board.

\*\* All meetings of this nature with the Executive Director or Board Chairperson should be requested in writing. Your daughter's key worker can assist her with writing a request if need be. \*\*

## RESIDENT MEDICATION

Generally, effective treatment for chemical dependency does not support the use of mood-altering substances, specifically those medications designed for behavioral control. The use of these substances will only occur under direct order from a certified psychiatric professional. In this case, an appropriate plan of care will be issued, including ongoing psychiatric follow up to ensure that prescribed medication, and participation in residential treatment are in the best interest of the youth.

Upon receipt of a prescription, for any type of medication, it will be the responsibility of the treatment counselor to ensure that the prescription is filled and picked up. The youth should start the prescribed course of medication as soon as possible after the doctor has issued the prescription, unless otherwise directed.

The prescription specifications shall then be recorded on the resident's monthly medication record. The record will include the following information:

1. Name of prescribing physician
2. Date of prescription
3. Specific instructions regarding dispensing the medication such as frequency, interval, and review date.

Each day, treatment counselors will dispense medication as per prescription guidelines and initial the monthly record at the appropriate entry times.



Medication and record keeping is the collective responsibility of all treatment staff. Follow-up and routine checks of the medication logs will be done by the Program Coordinator or Executive Director. All treatment staff will receive training designed to teach medication routines and procedures related to administration, observation of side effects, and proper record keeping. In the event there is cause to be administering “specialized medication”, a training session specific to that procedure will occur as soon as possible after the treatment is prescribed. (Oxygen masks, injectable medication, etc.).

All medications are to be stored in the locked cabinet in the treatment workers office. Under no circumstances are residents to be given more than the prescribed dosage.

Unused portions of medications are not to be stored but rather shall be disposed of as soon as it is determined it is no longer required. Generally unused medications can be disposed by ensuring appropriate care is taken to ensure all is flushed away.

### SEARCHES OF PERSONS PROPERTY & SPACE

From time to time, it may be necessary to perform searches of living areas or clients for items considered contraband. The reasons to perform searches are varied and may include, but are not limited to:

1. Information that certain items may be present.
2. Behavior considered being out of the ordinary.
3. Prolonged resident absence or return from a period of AWOL.

When a search is warranted it will be done in the following manner:

1. It will occur with the least possible invasion of privacy, always respecting the personal property of the youth.
2. When the search involves a personal search of clothing, the search will occur in a private room with two (2) staff present. Youth will not be required to remove clothing (other than outer clothing), but will be required to move clothing in such a way that any concealed objects will be evident.
3. Following the search, the counselor will be required to write a report on the search detailing situation(s) leading to the search, and any follow up required.

### QUESTIONS

It is important that you understand that the treatment program is four (4) full months long, and that the best treatment intervention comes from completing the program. As a parent, there will be times when you will just want to bring your child home with you. Here are some questions to consider:

#### **1. Why does my child say she is so unhappy?**

This is very common during the first months of treatment. Youth are beginning to detoxify, and are often very homesick. It is important at this time to offer them support, but also to encourage them to complete the treatment program.





**2. My daughter has not sniffed for a month, is she finished treatment and can she come home?**

The treatment process is a lengthy one. Many youth can stop using easily while in residential treatment, but one month into treatment, they still have many issues to deal with. The fact that they haven't sniffed in treatment is excellent; however, this does not mean they are ready to come home. The best success happens when the treatment is followed through to completion.

**3. Can I contact my child?**

Calls are restricted for the first week to allow stabilization. After that, the treatment Centre encourages you to call at least once a week, and send letters often. It is very helpful to the treatment process to receive cards and letters of encouragement from friends and family. In fact, this area will be addressed in your "Commitment to Care" form. You will have the responsibility to keep positive contact.

**4. Can I visit my daughter?**

Yes, but not during the first 2-4 weeks after admission. This is to allow your daughter time to adjust to the routine and environment of White Buffalo Treatment Centre. Visits are encouraged but must be prearranged with the Case Coordinator. Please contact the Case Coordinator to make accommodation arrangements. One room is available for family visitation on an overnight basis. If you are going to be in the area, please call first to ensure the group is not away on activity.

**5. Can my daughter come home for a visit?**

White Buffalo is incorporating a Family Program which encourages family members to come and stay here for 3-5 days. During this time, you will participate in programs with your daughter and your family. Arrangements will be made with the Case Coordinator and the Outreach Worker. Some transportation costs can be covered by FNIB. See your referral workers and/or our Outreach Workers for more information.



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