

## PHASE 1: OKANAGAN YOUTH RECOVERY HOUSE

**Phase 1:** A 6-bed facility based treatment program for young people under the age of 19 who present with Substance Use Disorder, Alcohol Use Disorder or Concurrent Disorder and for whom community based or other outpatient approaches have not been effective.

### Overview

The Youth Recovery House:

- Employs evidence-based interventions which reflect the multi-dimensional nature of addiction, and will impact the physical, social, environmental, psychological, cultural and spiritual circumstance of the participants;
- Provides tailored and individualized approaches to best respond to each admitted youth's diagnosis, presenting concerns, individual competencies and priorities;
- Creates the conditions for young people to embark on a process of change, which will improve their health and well-being, their ability to direct their own lives and inspire them to reach their potential; and,
- Enables young people to foster healthy relationships and reconnect with themselves, with community, with nature, and with those who genuinely care for their well-being.

### Program Description

**The Youth Recovery House** is a holistic, voluntary, licensed and accredited program that provides a safe, stable home-like environment and therapeutic community for individuals under the age of 19.

Each program is tailored to meet the needs and skills of the individual seeking treatment; the program is scaled to address their presenting concerns and aptitudes based on the following framework:

Clinical Intervention: Individual and group therapy focusing on mental health, family conflict, relationships, esteem, decision-making and introductory trauma work. Modalities include eco-therapy, motivational enhancement, family counselling, EMDR, CBT, and Narrative Therapy, amongst others. Medication Assisted Treatment is introduced and maintained as appropriate.

Psychoeducation: Provides foundational information to support sobriety, coping, emotional literacy and harm reduction, which is reinforced through staff interactions and explored in greater depth in therapeutic group work.

Community Engagement: Supports the prosocial interactions of the young person in residence, within their peer group, their culture, and in the broader community. Community engagement will reduce social isolation and create opportunity for life-long connection.

Life Skills: Supports development and mastery of social skills, living skills, decision-making, emotional regulation and self-care. Individualized lesson plans support educational attainment/continuation, or support in job search and career development as appropriate.

Family Programming: Involves the young person's natural supports in the treatment program to reinforce engagement and therapeutic progress of youth during and after treatment.

After Care: Assertive continuing after care is critical to recovery management, and this support to all alumni allows families to focus on wellness and relationships while the allied professionals maintain active involvement in their post-treatment care.

## **Program Principles**

Individualized: At the Youth Recovery House, the participant is at the center of their treatment experience, not one single specific theory or ideology. All interventions are informed by evidence and delivered to meet the unique presenting needs of the individual and his/her family.

Strength Based & Collaborative: The Youth Recovery House acknowledges the inherent strengths and resilience of all young people and engages these protective factors to reduce risk and support them in achieving their goals and creating a positive vision for their future.

Trauma Informed: The Youth Recovery House respects the intersecting experiences of trauma, mental health and substance use and works at the individual and program level to mitigate trauma's interference with participant's sense of safety, self, and self-efficacy.

Culturally Relevant: The Youth Recovery House is dedicated to service that connects youth with the language, beliefs and culture of their communities – as defined by them – in order to tap into the basic but powerful adaptive systems in their environment.

## **Duration of Program**

The duration of the program will vary, determined by the achievement of agreed upon goals at admission as well as evolving aspirations during the resident's time in program. Typical length of stay will range from three to six months.

Transition planning for eventual discharge begins at the time of admission to ensure safety and support the ongoing clinical progress of the young person as they move into the aftercare portion of the program.

## **Staffing**

The Youth Recovery House employs an interdisciplinary team-based approach with skilled practitioners that include physicians, mental health clinicians, nurses, nutritionists, recreation therapists, and indigenous advocates/elders. Physical and psychological safety of the young people receiving care is of paramount concern. The facility is staffed 24/7 with nursing and clinical support available 7 days per week.

Physician leadership and clinical oversight will be foundational components supporting the interdisciplinary care team. These roles will have committed dedicated funding for non-billable program support activities. In addition, Addictions Medicine, Child and Adolescent Psychiatry and Primary Care Physician involvement is available as required to support each young person's needs and care plan.