

## REFERRAL TO TREATMENT

Referrals and applications for treatment are accepted through an Alcohol & Drug Counsellor or mental health professional providing addictions counselling. The Counsellor will assist you with the application, funding and travel logistics, referral process and treatment booking.

To find a Counsellor in BC, call (24 hours):

Toll-free: 1-800-663-1441 / Telephone: 604-660-9382

## GETTING READY FOR TREATMENT

Meet with your Alcohol & Drug Counsellor to become informed of the treatment process. Commit to be present and participate in a highly structured and concentrated day. Prepare for an intense experience that requires full attendance, free of any legal or outside commitments for the program duration. Check with your Alcohol & Drug Counsellor to ensure your client application and the referral process is fully completed, including a minimum of 6 counselling sessions, current medical exam and TB test, finances in place, and solid travel plans in place. Be sure you have a check list of what to bring. Get community support to ensure you meet sobriety requirements on arrival.

## DAILY ACTIVITIES

The programs are structured to establish healthy lifestyle choices and balance in your daily life. Activities may include group or individual counselling; mental health counselling; Elder interaction; cultural education, activities and ceremonies, such as sweatlodge or smudge; alcohol/drug education; psycho-educational lectures and recovery skill building; AA / Step Work; recreational/fun activities; journalling or self reflection; self-care; daily chores; and aftercare planning.

## MEDICAL DETOX

A physical check-up by a doctor is recommended prior to detoxing from substance addiction. Considerations for a medical detox include age, physical condition, length of substance addiction and amount regularly consumed. Consult your doctor to determine if there is a need for medical detox based on history of substance use, current physical condition, any history of heart, liver or kidney problems, as well as diabetes or high blood pressure.

## MISSION STATEMENT

To provide a First Nations forum that promotes culturally relevant best practices to enhance, excel and advance the continuum of care in addressing addictions.

## VISION STATEMENT

To enhance First Nations traditions and cultural practices that promote healing, wellness, balance and harmony:

- where addictions programming exists in each community as an integrated, holistic approach towards health and wellness;
- where there is an openness to addictions programming as a prominent part of the healing of individuals, families and communities.

## PROGRAM DESCRIPTION

All Centres provide the fundamental components for substance abuse treatment and use multi-disciplinary, addictions specialist teams. All treatment models use an integrated and holistic approach utilizing a variety of cultural, abstinence and evidence-based therapies for sobriety and long-term recovery. The treatment objectives are abstinence from alcohol, other drugs and process addictions to reduce or eliminate the related harms.

## CULTURAL COMPONENTS

Addictions are the focus in all treatment programs; the cultural/spiritual components are important tools in recovery from alcohol and other drugs. All Centres offer culturally relevant programs intended to build a positive identity and aboriginal world view while respecting the cultural diversity in BC. Centres accept clients from all regions, and the programs are intended to introduce principles, values, beliefs and activities common to First Nations peoples. While all beliefs are respected, Centres ask clients to participate in the cultural and spiritual components as delivered with the purpose to learn, understand similarities and enhance their cultural or spiritual practices. The cultural components do not replace or negate the practices of any nation. Clients are advised to learn the specific practices of their nation from Elders and cultural resources where possible.



# Association of BC First Nations Treatment Programs

## Satellite Office

#2, 3003 – 29th Avenue  
Vernon, BC V1T 1Y9

Telephone: (250) 503-1135

Fax: (250) 503-2473

Email: [execdir@firstnationstreatment.org](mailto:execdir@firstnationstreatment.org)

For details on individual Treatment Centres

**Website: [www.firstnationstreatment.org](http://www.firstnationstreatment.org)**

Program funded by First Nations & Inuit Health

## Carrier Sekani Family Services

PO Box 1219, Vanderhoof, BC V0J 3A0

Website: [www.csfcs.org](http://www.csfcs.org)

- Outpatient Addictions Programs
- Men's and Women's Addictions/Trauma/Youth Programs
- Family, Caregivers and Other Specialty Programs

Program Length: 1 Week • Client Group: 14 Persons

Mission Statement: "With the guidance of our Elders, Carrier Sekani Family Services is committed to the healing and empowerment of Aboriginal families by taking direct responsibilities for: health, social and legal services for First Nations people residing in Carrier and Sekani territory."

## Gya' Wa' Tlaab Healing Centre

PO Box 1018, Haisla, BC V0T 2B0

Website: [www.firstnationstreatment.org/gyawatlaab.htm](http://www.firstnationstreatment.org/gyawatlaab.htm)

- Men's Early Recovery/Stabilization Programs
- Non-Medical Detox

Program Length: 8 Weeks • Client Group: 12 Persons

Mission Statement: "To empower individuals to make informed decisions and take realistic actions regarding their addictions/addictive behaviours in the hopes that they can create a more positive lifestyle for themselves and their families."

## Hey'-way'-noqu' Healing Circle for Addictions Society

#401, 1638 East Broadway, Vancouver, BC V5N 1W1

Website: [www.firstnationstreatment.org/heywaynoqu.htm](http://www.firstnationstreatment.org/heywaynoqu.htm)

- Outpatient Addictions Programs
  - Outreach Services: Downtown Eastside Methadone Clients
- Program Length: 3 Months • Client Group: 5 Persons

Mission Statement: "To develop a holistic approach to assist urban Native and Metis individuals and families through their healing journey from chemical addictions and co-dependencies. To help restructure their lifestyles to maximum functioning for women, men, youth and children."

## Kackaamin Family Development Centre

(Formerly Kakawis Family Development Centre)

7830 Beaver Creek Road, Port Alberni, BC V9Y 8N3

Website: [www.kackaamin.org](http://www.kackaamin.org)

- Family Addictions Programs

Program Length: 6 Weeks • Client Group: 12 Families

Mission Statement: "Kackaamin Family Development Centre offers a program that promotes a balanced lifestyle and a renewed sense of cultural identity and pride to First Nations families whose lives have been affected by alcohol or drugs."

## Namgis Treatment Centre

PO Box 290, Alert Bay, BC V0N 1A0

Website: [www.firstnationstreatment.org/namgis.htm](http://www.firstnationstreatment.org/namgis.htm)

- Co-ed Addictions Programs

Program Length: 5 / 6 Weeks • Client Group: 15 Persons

Treatment Philosophy: "Based on a foundation of our culture and traditions, and respect for individual choices and responsibilities, the mission of the 'Namgis Treatment Centre is to facilitate the emotional, mental, physical, and spiritual well being of our community."

## Nenqayni Wellness Centre

PO Box 2529, Williams Lake, BC V2G 4P2

Website: [www.nenqayni.com](http://www.nenqayni.com)

- Family Addictions Programs

Program Length: 6 Weeks • Client Group: 5 Families

- Youth Solvent Abuse Programs

Program Length: 4 Months • Client Group: 10 Youth

Mission Statement: "Provide holistic healing to First Nations' and Inuit Youth, Families and Communities in a safe and secure environment."

## North Wind Healing Centre

Box 2480 Station A, Dawson Creek, BC V1G 4T9

Website: [www.firstnationstreatment.org/northwind.htm](http://www.firstnationstreatment.org/northwind.htm)

- Co-ed Addictions Programs

Program Length: 6 Weeks • Client Group: 10 Persons

Treatment Philosophy: "As Native People, we heal from the inside." An affective-based, culturally sensitive healing program for First Nations People struggling with multi-addictions, post traumatic stress and the intergenerational impact of abuse.

## Round Lake Treatment Centre

200 Emery Louis Road, Armstrong, BC V0E 1B5

Website: [www.roundlake.bc.ca](http://www.roundlake.bc.ca)

- Co-ed Addictions Programs

Program Length: 5 / 6 Weeks • Client Group: 36 Persons

Mission Statement: "Facilitating personal wellness of First Nations People by providing culturally specific treatment and training services."

## Stehiyáq Healing & Wellness Village

60550 Chilliwack Lake Road, Chilliwack BC V4Z 1A7

Website: [www.healingvillage.ca](http://www.healingvillage.ca)

- Youth Addictions Programs • Opening To Be Announced

Program Length: 10 Months • Client Group: 28 Youth

## Stehiyáq Healing & Wellness Cont.

Mission Statement: The Stehiyáq Healing and Wellness Village will serve the healing and wellness needs of Aboriginal People through the use of contemporary and Aboriginal healing strategies and traditional cultural practices that employ First Nations family and community values in a centre that connects healing and learning to the land.

## Three Voices of Healing Society

(Formerly Ktunaxa/Kinbasket Wellness Centre)

3246 Riverview Road, Creston, BC V0B 1G2

Website: [www.healingisajourney.com](http://www.healingisajourney.com)

- Men's and Women's Addictions Programs

Program Length: 4 / 6 Weeks • Client Group: 12 Persons

Mission Statement: "The primary Mission of the Three Voices of Healing Society treatment program is to promote and strengthen First Nations people and other Aboriginals to live wholistic lives."

## Tsow Tun Le Lum Treatment Centre

PO Box 370, Lantzville, BC V0R 2H0

Website: [www.tsowtunlelum.org](http://www.tsowtunlelum.org)

- Co-ed Addictions Program
- Trauma, Grief, GLBTQT and Other Specialty Programs
- Colleagues Program for Front-Line Workers

Addictions Program: 5/6 Weeks • Client Group: 13 Persons

Trauma Program: 5 Weeks • Client Group: 13 Persons

Mission Statement: "The primary mission of the program is to strengthen the ability of native people to live healthy, happy lives – by elimination of abuse of alcohol and other substances and by affirmation of pride in the native identity."

## Wilp Si'Satxw House of Purification

Box 429 Cedarvale Road, Kitwanga, BC V0J 2A0

Website: [www.wilpchc.ca](http://www.wilpchc.ca)

- Co-ed Addictions Programs
- Residential School, Men's / Women's Trauma Programs
- Family Addictions and Other Specialty Programs

Program Length: 5 / 6 Weeks • Client Group: 19 Persons

Mission Statement: "The Wilp Si'Satxw Community Healing Centre is a non-profit organization that provides holistic healing to all First Nations people with addictions and related issues in a First Nations (Gitxan) culturally sensitive setting."

**For more information, contact your Alcohol and Drug Counsellor.**