



## Ormond Lake Cultural Healing Center and Addictions Recovery Program

Client Name	Date of Birth
Date of Camp Attendance	Signature

### Client Checklist

- ☐ I have read and understand the Ormond Lake Cultural Healing Centre (OLCHC) and Addictions Recovery Program (ARP) guidelines.
- ☐ I understand that **Onsite Medical Supervised Withdrawal Management** is available for week one, where clients will receive medical detox for 7 days
- ☐ I understand that the duration of this treatment program is **6 weeks** including detox and discharge phase
- ☐ I have return travel arrangements prior to coming to treatment and am prepared to absorb the costs if I choose to leave the treatment program early or am prematurely discharged.
- ☐ I have completed and submitted the form for Comfort Allowance, if applicable.
- ☐ My medical coverage is currently active and includes prescription coverage.
- ☐ I have taken care of Social Assistance/Court/Lawyers/P.O./Doctor/Dentist/Eye and all various appointments prior to coming to OLCHC.
- ☐ I am free of outside interference requiring my attention during the 6-week treatment program.
- ☐ I have a bank card with funds in the account prior to arrival.
- ☐ A conference call between ARP admin, Detox Nurse, client, and client's worker has been completed.
- ☐ My referral worker will be available to conference calls during discharge phase to discuss **after-care planning**

### What to Bring for 28 Days

- ☐ Shampoo/conditioner
- ☐ Soap
- ☐ Tooth brush/tooth paste
- ☐ Shaving kit
- ☐ Personal hygiene products that DO NOT contain alcohol or other intoxicating ingredients
- ☐ Deodorant
- ☐ Bug spray



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- ☐ Comfortable, modest clothing is required
- ☐ Enough appropriate and comfortable clothing for 42-days. Laundry facilities are available (washing machine and hang dry)
- ☐ Coats, jackets, sweatshirts, hoodies, and hiking gear
- ☐ Running/hiking shoes, socks, flip flops, and slippers
- ☐ Swimming trunks/swim suit (one piece)
- ☐ Underwear
- ☐ Towels (bath, hand, and face cloth)
- ☐ Personal health care number or Care Card (Canadian residents), Status Card, and other valid identifications
- ☐ Sufficient prescription medication for duration of treatment. Medications must be in **bubble/blister pack** with intact labels including: doctor's name, medication name, and dosage information
- ☐ Over-the-counter medication and vitamins in sealed original packaging
- ☐ Debit and/or credit card
- ☐ **Sealed disposable vapes/cigarettes for 42-days (clients are not entitled to store trips)**
- ☐ Your own personal books, word search/games
- ☐ Favorite board games and/or small activities
- ☐ Favourite snacks (**NO energy drinks**)
- ☐ Flash lights
- ☐ Extra batteries
- ☐ Alarm clock (battery operated – cabins do not have electricity) OR wrist watch (not smart watch)
- ☐ During the year, special events happen such as Orange Shirt Day, anti-bullying day (pink), and MMIW awareness day (red), remember to bring a t-shirt to help support to reflect the day/event, **i.e. Orange Shirt Day, must pack an orange shirt**

### What Not to Bring

- ☐ T-shirts with offensive slogans or that promote alcohol or drugs
- ☐ Inappropriate clothing (use discretion)
- ☐ Hair dyes
- ☐ Laptop computers, TVs
- ☐ Portable music players (iPods, etc.)
- ☐ Energy drinks
- ☐ Cameras
- ☐ Sex toys
- ☐ Work or education course material
- ☐ Avoid bringing any valuables, we are not responsible for any lost or stolen items.



### **INCIDENTAL MONEY**

Applicant clients will need funds for medications they require during treatment, if not covered by medical. They may want spending money for potential outings during treatment.

### **READING MATERIAL**

OLCHC has recovery-appropriate reading material. There is a small library of appropriate reading material that can be signed out. If you wish to bring your own books feel free to do so.

### **LAUNDRY**

Laundry facilities and tide pods are available for clients to wash and hang-dry their personal items.

### **CABINS/BEDDING**

Each client will be assigned a cabin that is shared with other participants, we provide a single bed with bedding. If you wish to bring your own bedding you may.

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## **Arrival and Departure Assurance Travel Form**

This form is to be filled out by the person responsible for the return travel costs for the applicant. Ormond Lake Cultural Healing Centre is unable to pay for travel costs. It is the responsibility of the worker to ensure travel to and from the treatment centre is made prior to acceptance. Failure to do so will result in a delay of the applicant's acceptance.

I, (\_\_\_\_\_) agree to pay for any and all travel costs limited to place of residence incurred by (\_\_\_\_\_). **I understand that if the Applicant is discharged or voluntarily leaves treatment before completion that it is the responsibility of the worker to arrange transportation to and from Ormond Lake Cultural Healing Center. Travel arrangement plans must be attached prior to admission. Ormond Lake Cultural Healing Centre will not cover return travel.**



## **Ormond Lake Cultural Healing Centre Guidelines**

Ormond Lake Cultural Healing Centre (OLCHC) has designed a set of Program Guidelines that reflect respect, consideration, and self-responsibility. OLCHC considers these to be three essential components for recovery and self-empowerment. The guidelines ensure all clients' physical, mental, emotional, and spiritual safety and well-being, while allowing all clients the freedom to participate fully in the program.

**Please read these guidelines carefully and be prepared to follow them for the safety of all people.**

### **ADULT MEDICAL WITHDRAWAL MANAGEMENT (DETOX)**

In the Detox Phase, clients can arrive at treatment without needing to stop using substances beforehand. The CSFS Medical Substance Use and Addictions Service (SUAS) team provides medically supervised detox services for 7 days, ensuring safe and comfortable withdrawal from alcohol and other substances.

### **ALCOHOL AND DRUGS**

The possession or use of alcohol or non-prescribed drugs (except over-the-counter medications in original packaging) by clients while in treatment is strictly prohibited and will result in immediate dismissal from treatment. A personal baggage check is conducted upon entry, and random cabin checks will be performed.

### **PHONE CALLS**

Clients can make **one call after 14 days** of attending OLCHC. **A second phone call can be made after 21 days** of attending the program. Calls are limited to ten minutes and are monitored.

### **STORE TRIPS**

Store trips are a privilege, not a right, and must be earned. Counsellors approve or deny each group based on behavior and progress. If approved, counsellors arrange for the group to visit the local store in Nadleh to buy their own snacks and smokes. This privilege is offered after one week of treatment and depends on the clients' personal funds.

### **VISITORS**

OLCHC may have special guests, knowledge holders, elders and various staff members attending the duration of the program.

During treatment, clients are not permitted to bring guests, including their pets/animals. During the Grad Ceremony (last day) clients can invite up to three guests and their furry friends.



## **HEALTH AND SAFETY**

1. Smoking is only allowed in the designated smoking areas.
2. All medication will be given to the counsellors at intake and will be locked up; clients are responsible for taking their meds, during medication times, as directed by counsellors.
3. A high standard of personal hygiene is required, including regular showers. Clients are to use only the bed they are assigned and daily upkeep of assigned cabins is their responsibility.
4. Sleeping areas are private quarters. No visiting in another client's cabin room or inviting other clients into your cabin.
5. Inform staff if you wish to smudge your sleeping area.
6. Withdrawal/dismissal from the program requires prompt exit from the premises.

## **OTHER**

All money and valuables must be turned in at the counsellor's office for secure storage. OLCHC is not responsible for lost or stolen items. Personal items can be accessed in consultation with the counsellors.

Internet and cell service are NOT available to clients; OLCHC is a land-based healing centre, and clients are to focus on their own healing journey. Cell phones and all electronics will be locked up in a safe

## **IMMEDIATE CLIENT DISCHARGE**

Immediate discharge will occur if a client:

- Causes injury to another person or property
- Uses alcohol or drugs while in treatment
- Becomes involved in an intimate relationship with another client

OLCHC has zero tolerance for violence of any nature. Minor offences are subject to counsellors' discretion. Missing more than 75% of psychoeducational workshops and group therapy will result in dismissal.

## **DISCHARGE AND TRANSITION PHASE:**

In the Discharge and Transition Planning Phase, clients collaborate with their referral worker and ARP social worker via telehealth or phone to prepare for reintegration into the community. This



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phase includes discussions on relapse prevention, safety strategies, exit plans, RESISTT (Relapse, Exit, Safety, Integration, Support, Treatment, and Transition) plans, and overall transition plans. Additionally, clients will participate in a conference call or telehealth session to collaborate on family planning and how families can support the client going home.

### **What to Expect at OLCHC:**

The Addictions Recovery Program (ARP) works within a holistic framework to ensure that our clients receive services relevant to their diverse needs. Indigenous culture is at the foundation of our services and workshops, with an emphasis on balance and connection with nature. ARP strives towards a balance in life by focusing on physical, emotional, mental, and spiritual well-being, using a variety of methods and teachings. Western forms of therapy are designed to help clients increase their knowledge about addictions and trauma, while gathering tools and coping strategies relative to living a healthy lifestyle, free of addiction. When Indigenous and Western ways of healing are combined, they create a strong form of healing called “Two-Eyed Seeing.

OLCHC is situated in central British Columbia located northwest of Nadleh Whut’en First Nations. OLCHC is on sacred land, and a place of spiritual and land-based healing. Clients will experience limited technology use in favour of grounding and connection to the land. OLCHC is immersed in the elements; therefore, rustic by design.

What you should expect:

- Out in nature
- Limited power (power provided by a generator)
- Limited electronics
- No cell phones
- No internet for clients
- No dryer (air dry clothes)
- Outhouses
- Onsite medical supervised withdrawal management is available for week one.
- Discharge planning and transition for week 6

#### **DAILY ROUTINE**

- All participants will be woken up, by the gong, at 8:00AM.



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- Participants are expected to make their beds each day, keep their rooms tidy, and will be subject to cabin checks.
- Breakfast and cleanup are over at 8:45AM.
- 9:00 AM Group check-in and workshop sessions are mandatory.
- Presence is mandatory for the morning smudge and sharing circles. The only expectation is when a female participant is on her moon time.
- Meals will be served in the main room, where everybody will eat together at 8:00AM, 12:00PM, and 5:00PM – programming may take priority.
- Medications can be accessed during 8:30am, 12:30pm, 5:30pm and 9:00pm each day

## **Medical Substance Use and Addictions Service (SUAS)**

### **Adult Withdrawal Management**

If a patient has not detoxed prior to coming to Ormond Lake Healing Centre, the CSFS Medical Substance Use and Addictions Service (SUAS) team will be providing medically supervised detox and withdrawal management for people to safely and comfortably withdraw from alcohol and other substances, and start rapid titrations of opioid replacement therapies if required. The medical team will be supporting and monitoring withdrawal symptoms 24 hours a day. Monitoring will include measuring blood pressure and heart rate, restlessness, anxiety, agitation, and mood changes. This process usually takes 5 days, and may require daily 'check-ins' after that.

All participants will be asked to complete a self-screening form today which will be kept confidential in your medical records with the medical team. Each person will meet individually with someone from the medical team for an intake and to develop a plan, if desired. In addition to withdrawal management, we will also be continuing or starting any medication for cravings, and providing multivitamin supplements.

Please see next page for self-screening.



## CSFS Self-Screening: Medically Supervised Mobile Withdrawal Management

Please complete all of the following information for your upcoming stay with CSFS programming.

Today's Date: \_\_\_\_\_

First and Last Name	Date of Birth
Allergies:	

1. What substances have you taken in the past 90 days?

- |  |                                       |   |
|--|---------------------------------------|---|
| <input type="checkbox"/> Alcohol                       | <input type="checkbox"/> Amphetamines | <input type="checkbox"/> Cocaine/Crack          |
| <input type="checkbox"/> Kadian/Morphine               | <input type="checkbox"/> Heroin       | <input type="checkbox"/> Crystal Meth           |
| <input type="checkbox"/> Fentanyl                      | <input type="checkbox"/> Suboxone     | <input type="checkbox"/> Methadone              |
| <input type="checkbox"/> Benzodiazepines/Valium/Ativan | <input type="checkbox"/> THC/Weed     | <input type="checkbox"/> Oxycodone/T3s/Percocet |
| <input type="checkbox"/> Hydromorphone/Dilaudid/Dilies |                                       |   |

2. Have you ever had an alcohol withdrawal seizure? (Circle One) Yes No

3. Have you ever taken: (Circle One) Naltrexone Acamprosate Gabapentin

4. Have you ever had an overdose from fentanyl/heroin/down? (Circle One) Yes No

5. Do you have a goal to be on any specific medications? Such as Methadone or Naltrexone?

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6. What, if any, are your worries about withdrawal?

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## **Confirmation of Comfort Allowance Paid through the Ministry of Employment and Income Assistance and/or Nation**

Dear Employment and Income Assistance Worker and/or Nation's Worker:

Ormond Lake Cultural Healing Centre (OLCHC) are requesting confirmation of funding for treatment comfort allowance and/or travel for the client scheduled to enter alcohol and drug treatment at OLCHC. Our goal is to ensure that the client, whose treatment comfort allowance is to be subsidized by the Ministry or the client's home Nation, does have an active file in the system and has made adequate financial arrangements.

TREATMENT COMFORT ALLOWANCE: is the responsibility of the client and/or referral worker.

Please include the intake and discharge date on the letter of acceptance.

COMFORT ALLOWANCE: Addictions Recovery Program will retain the client's file and the client's worker is responsible for a comfort allowance which should be direct deposited into the client's account before leaving for treatment.

TRAVEL: is the responsibility of the client and their worker; if the client is off reserve, it is their worker's responsibility to connect with the FNHA travel benefits program.

I give my permission to the Office Administrator of OLCHC to release information about my intake and discharge dates to my Employment and Income Assistance Worker or the client's nation's worker, so travel can be arranged.

Client's Name: \_\_\_\_\_

Client's Signature: \_\_\_\_\_

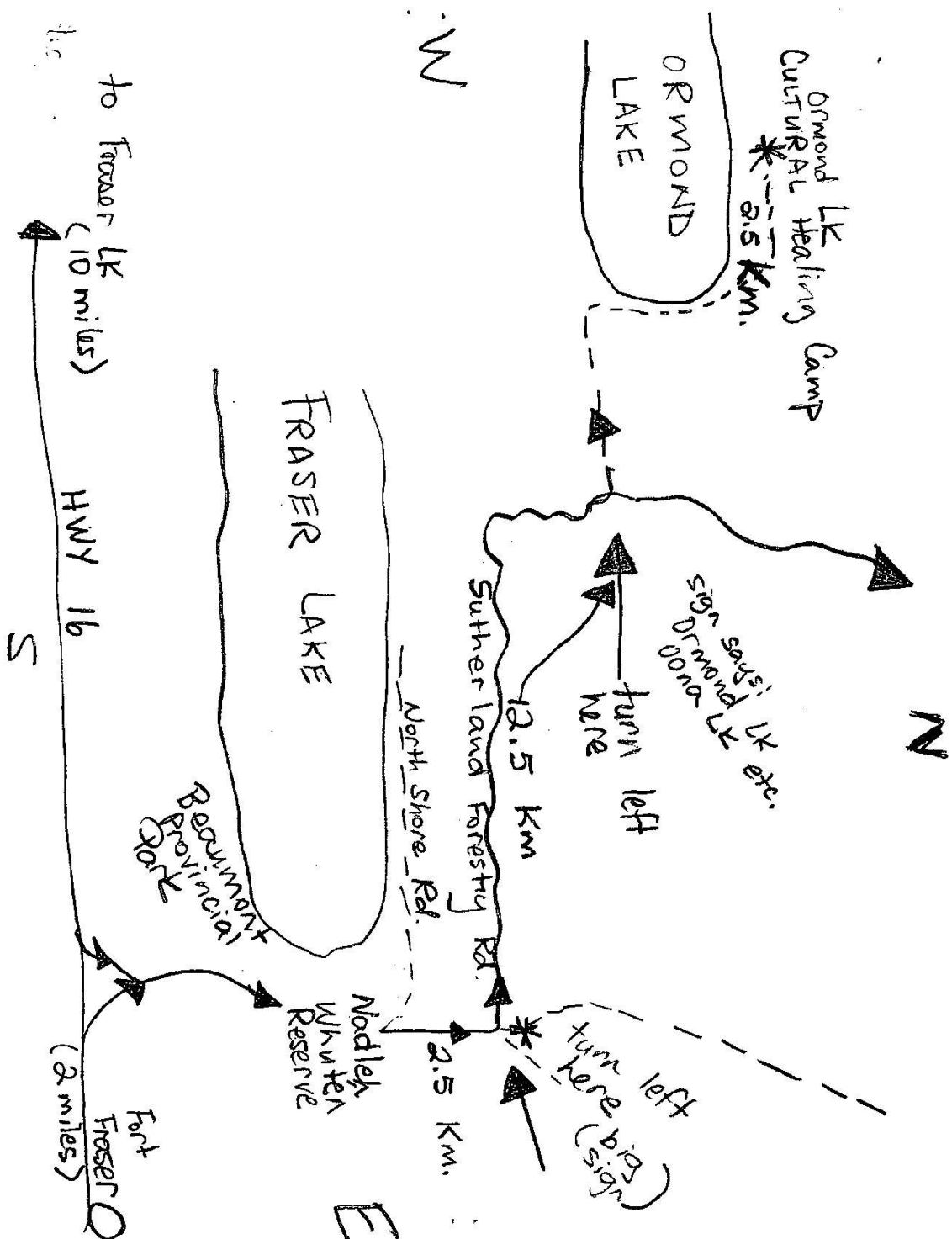
Date: \_\_\_\_\_

Worker's Name: \_\_\_\_\_

Worker's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Directions to Ormond Lake Cultural Healing Centre





If the client is traveling via airplane, the distance is 153 kms or 2.5 hours by vehicle or taxi from Prince George Airport to Ormond Lake Cultural Healing Centre.

**Please Note:** The Graduation ceremony is always on the last day of the program, starting at 9:00AM (it's usually 2 hours) and driving time from Ormond Lake Cultural Healing Centre to Prince George Airport is 2.5 hours. **Please book any flights after 3:00PM PST** on the same day, if no flights are available, please ensure the client has accommodations in Prince George.

If traveling by bus, (BC Bus, Northern Connections Bus) the client will be picked up in Vanderhoof, at NH bus stop, train drop off spot, etc.

Directions to Ormond Lake Cultural Healing Centre:

1. Turn right at Nautley Road (past Fort Fraser) or turn left if traveling from Burns Lake.
2. Drive through the community, travel over a one-lane bridge.
3. Keep driving and you will come to a dirt road called 'Dog Creek Road', keep driving for about 2 kms.
4. On the left side of the road you will see a sign called the 'Sutherland Forest Service Road' (FSR), **TURN LEFT HERE.**
5. Travel this road for about 12  $\frac{3}{4}$  kms.
6. You will see an Ormond Lake Cultural Healing Centre sign – **TURN LEFT HERE.**
7. There will be an immediate fork in the road, please keep to the right side for about 2 kms.
8. The Ormond Lake Cultural Healing Centre gate will be on the left side, **TURN HERE.**

Client's Name: \_\_\_\_\_

Client's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Worker's Name: \_\_\_\_\_

Worker's Signature: \_\_\_\_\_

Date: \_\_\_\_\_