



# YSAC UPDATE

An annual publication of the Canadian Youth Solvent Addiction Committee

November 2013

Issue 7

## In This Issue

YSAC Mental Health

Online Courses

Equine Therapy

SAAFE Walk

Conference Presentations

CasI Project

Congratulations

## Sites of Interest

Our Website

CCSA Website

NNAPF Website

## YSAC Centres Websites

Charles J Andrew

Ka Na Chi Hih

Nimkee Nupigawagan

Nenqayni

Young Spirit Winds

## Contact Us

ysac@shaw.ca

## YSAC Online Courses

YSAC continues to develop content for online course modules for staff. As a result YSAC developed online courses in the following areas.

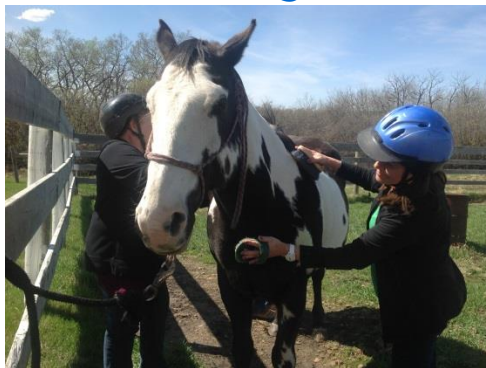
***Ethics and Ethical Decision Making***

***YSAC Data Base***

***YSAC Outcome Collection***

This year we are working to complete a course on Pharmacology of the most commonly abuse drugs, which will be delivered in several smaller modules. All courses are certified for continuing education credit through both Canadian Council of Professional certification (CCPC) and First Nations Wellness and Addiction Certification Board (FNWACB)

## Equine Therapy as an adjunct program component continues to grow.



Director's Denise Shade and Yvonne Olivier get to know their horse

Beginning with a trial program in 2002 the White Buffalo Treatment centre began the use of equine therapy as a regular program component. Through years of experimentation and some dedicated research and publication, the benefits of this form of intervention are beginning to spread. As of this year several more YSAC centres have now added some form of equine assisted therapy to their program models. You will find variations existing in Leading Thunderbird Lodge, Nenqayni Wellness centre and this

year Young Spirit Winds has added a program. In June 2013, the YSAC directors had the opportunity to experience the equine assisted program that is

offered through Leading Thunderbird lodge. All in attendance spoke of the powerful program they had been so grateful to partake in. Special thanks to Elder Harry Francis and the staff of the Twisted Wire program in Piapot First Nation, Saskatchewan.

Additionally, YSAC had the opportunity to participate in a research study to examine the impact of the horse program that the White Buffalo Youth Inhalant Treatment Centre participated in. Partnering with the universities of Saskatchewan, Regina and Calgary and other community partners, the study was officially released this month. It shows how the EAL horses, facilitators and the program itself contributed to the wellbeing of youth in the program. Darlene Chalmers and Colleen Dell, the lead researchers with the study, share that they and their team examined 'if' and 'how' an EAL program contributed to the wellbeing of First Nations youth in treatment. They found that the EAL program positively impacted the physical, emotional, social, spiritual and cultural aspects of the youths' lives, and the horse

was a key helper to all of this. The youth experienced increased:

- physical wellbeing largely through physically touching and interacting with the horse;
- social wellbeing primarily through developing relationships with the horses and others, bettering their communication skills, having an important new experience in their life, and positively changing their behavior;
- emotional wellbeing mostly through increased self-identity, increased self-worth, improved ability to problem solve, and a more positive attitude; and
- Spiritual wellbeing through just being with the horse and developing a bond.

The horse was also found to have a cultural significance for some First Nations youth in the EAL program. The horse offered the White Buffalo staff a tangible connection for teaching the youth about who they are.

You can find the full report, as well as an executive summary and an artistic poster depicting the findings at: <http://tinyurl.com/horseashealer>

## Conference Presentations



**FNHMA Conference**, Niagara Falls, ON, September – Partnering in a joint presentation on their accreditation journeys was Nenqayni Wellness Centre and Leading Thunderbird Lodge. The presentations focused on the organizations timelines, challenges, teachings and benefits to participating in the accreditation process. A question and answer period followed.

Presenters: Sharon Duffy & Meghann Brionini (Nenqayni ) and Jan Cyr (LTL)

### **ORAPC- Toronto , Ontario September**

#### **YSAC Mental Health-Building Concurrent Capable Centres**

In October 2013 for the second year in a row. YSAC delivered the Building Concurrent capable centres in conjunction with the Ontario Regional NNADAP partnership committee on October 2013. A total of 21 people completed the course. A comment from a participant sums up the course:

*A well organized and excellent presentation with no rigidity*



### **IOS Conference**, Ottawa, ON, November – Leading

Thunderbird Lodge was selected to present on their culturally based Horizontal Curriculum at the IOS Conference. The session focused on sharing a project based curriculum that spans the length of treatment (2 – 3 month). This curriculum was created out of the need to deliver academic studies for youth who varied in age as well as grade level. Vee Whitehorse, Teacher, shared one example on drum making, whereby a wide array of academic subjects were incorporated into one cultural based project. For more information on this important educational project visit the University of Regina web page at:

<http://www.uregina.ca/external/communications/feature-stories/current/fs-05222012.html>

---

## Ka-Na-Chi-Hih SAAFE Walk

On September, 2013, Ka-Na-Chi Hih-Treatment centre hosted its 14th annual SAAFE Walk. SAAFE means *Solvent Abuse Awareness For Everyone*, and it is the centre's way of ensuring that attention to inhalant abuse as a deadly epidemic remains on the minds of the general public in Thunder Bay. This year's walk was hosted by Justin Rain. Approximately 120 people participated in this year's awareness walk. Ka na Chi Hih Board and Director congratulate all staff and clients who helped, and special thanks to Jessica for her coordination to ensure success.

## CasI PROJECT

The Honoring Our Strengths: Indigenous Culture as Intervention (CasI) project seeks to gather understanding about how Indigenous traditional culture is understood and practiced at a sample of treatment centres, including 3 YSAC centres. The project team continues to make excellent progress following all the great conversation at the National Treatment Centre Gathering held in July 2013. Since that time together, the team has confirmed the definition of wellness and identified a common set of cultural interventions that are practiced at treatment centres across the country. The team is now starting toward drafting the measurement tool that will help in assessing the impact of cultural interventions on client wellness and is sharing their work to date through collaborative publications. If you would like more information about the project please visit [www.tinyurl.com/cultureasinterventionresearch](http://www.tinyurl.com/cultureasinterventionresearch)

## New Prevention Manual ready for publication



Over the last year YSAC members have been busy working on an update to the ten year old community inhalant abuse prevention manual. The old manual was a spiral bound grade by grade guide to community based prevention of inhalant abuse. The manual has recently been updated with the latest research, more hands on activities and supporting materials by the way of posters, ready to use power points and an expanded facilitator resource section. We hope to begin distributing to interested communities in January 2014.

## Best Wishes

Our thoughts go out to the staff and clients of Charles J Andrew Centre. The centre had a fire on November 1, 2013. Though there was significant building damage from fire and smoke, the good news is everyone was safely evacuated and no injuries occurred. The staff is working out of temporary offices, while the building undergoes repair and renovation. The centre will reopen again on January 20, 2014.

## Leading Thunderbird Lodge New Programming Modules



Steve RCMP; Dr. Nancy Comeau;  
Samantha & Roxine, RCMP, Elder Harry  
Francis

### **SEEING ONESELF Train the Trainers Course**

LTL is excited to announce a new partnership with The Royal Canadian Mounted Police (RCMP) Drug & Organized Crime Awareness Service (DOCAS), Community Policing and Aboriginal Policing, in launching a pilot program called "Seeing Oneself". The curriculum was developed by Dr. Nancy Comeau and the RCMP have been partners in providing the training at the regional level. This early intervention program focuses on three areas: Anxiety, Negative Thinking & Sensation Seeking. This new program is now being offered to the youth. We also want to congratulate Dave Wihlidal, Youth Counselor and Melvin Taypotat, Outreach Worker for attaining their 'Train the Trainer' certification for this great new program.

### **NNAPF's BUFFALO RIDER EARLY INTERVENTION PROJECT A SUCCESS IN RESIDENTIAL TREATMENT**

LTL congratulates Darren Desnomie, Youth Counselor for taking the training to facilitate the NNAPF Buffalo Rider Early Intervention Program. This program is culturally focused and uses the latest science on reducing drug and alcohol use for youth.

Client and staff feedback regarding motive, expectations, benefit and satisfaction with the implementation of these programs is ongoing, and will be completed December 16, 2013.

The impact of these two programs has been noticeable throughout the facility, as incident reports have been reduced significantly.

### **A KIND MAN PROGRAM**

This program is based on the 7<sup>th</sup> generation grandfather teachings and is provided by the FHQ Safe Shelters. The program focuses reducing domestic abuse and specifically the role males play in such situations. It provides the youth with ways to manage conflicts and personal choices in volatile situations.

## White Buffalo clients carve out a new life..



Carvings by White Buffalo clients December, 2013

The staff of the YSAC centres come to do this important work, bringing with them many talents. Duane Mooshunter, Outreach coordinator for White Buffalo treatment centre, is one of the many talented staff who bring their gifts to the work they do. He shares his love of carving with the young women of White Buffalo treatment centre. In a week long program, clients learn all aspects of traditional carving. The process involves stories and instruction of skills that are transferable to many life situations. The end result as pictured is a beautiful, creative work of art, and much pride in their amazing

accomplishments.



## Walgwan Centre- program Format Change

The Centre Walgwan Center will be going through some important changes. It is the mandate of the Centre Walgwan Center to provide services to both French speaking and English speaking First Nation and Inuit youth. Therefore in an effort to provide equality of services to both French and English speaking youth our center is modifying the delivery of its program. The program will now be proceeding with French speaking and English speaking blocks, and ceasing continuous intake model.

The program is being modified from a 6 month program to a 3 1/2 month program. This length of program is consistent with the majority of YSAC treatment centers where considerable success has been experienced in the shorter program. With the support from the National Anti-drug Strategy the center has been able to make some important changes in the past two years.

This change in the length of program and moving to unilingual blocks of French and blocks of English will certainly be a challenge for the center and its staff. A lot of effort has gone into the preparation and they will work to continue these efforts to assure a smooth transition.

As part of its new continuum of care program the Walgwan Center will be providing the services of an outreach worker before treatment and after treatment to support referrals and clients in the communities.

January, February and March will be focused on staff training, and program modification to prepare for the changes.

The first block of clients will be from the French speaking communities and will begin on April 1<sup>st</sup>, 2014. The English speaking block will begin on July 21<sup>st</sup>, 2014.

---

## Congratulations

Congratulations go out to the following staff from Kainai Adolescent Treatment Centre

- Edith Wells, CAC II- 15 Years of Service
- Lester Low Horn, CAC II- 10 Years of service
- Jolaine Healy, CAC II, RCS ( Registered Clinical Supervisor)- 5 Years' Service

To the following staff of White Buffalo Treatment centre

- Loni Longclaws - CAC II and Registered Clinical Supervisor as well as an outstanding 12 years of service
- Karen Freeman on recently receiving her CAC II -8 years of service
- Duane Moosehunter - CAC II -7 years of service
- Ethel Daniels – AAC- 8 years of service

Good Luck to Trudy Whitebear from Young Spirit Winds has taken a two-year education leave to obtain a Social Work Diploma

## Goodbye and Welcome

In September of 2013, we said goodbye to two YSAC Directors. We extend our sincere thanks to Mary Deleary, Nimkee Nupigawagan, and Maureen Ward, Young Spirit Winds for their time and personal investment with YSAC and the treatment centres they lead. Filling two sets of big shoes are Virgil Tobias, Nimkee Nupigawagan and Audrey Ward, Young Spirit Winds. We welcome both new YSAC directors to the YSAC family.

## Coming Soon

Watch for a new look and updated YSAC website to appear in the next few weeks at [www.ysac.info](http://www.ysac.info)

The YSAC 2012-2013 Annual Report is completed and available from YSAC or the treatment centre in your region.

---

## Upcoming Centre Intakes:

	<b>Age, Gender</b>	<b>Province</b>	<b>Intake date</b>
<b>Whiskyjack</b>	12-17 Alternating gender	Manitoba	January 3, 2014
<b>Nimkee Nupigawagan</b>	12-17 Alternating gender	Ontario	January 4, 2014
<b>Charles J Andrew</b>	11-17 Alternating gender	Labrador	January 20, 2014
<b>Leading Thunderbird Lodge</b>	12-17 Male	Saskatchewan	January 5, 2014
<b>White Buffalo Treatment Centre</b>	12-17 Female	Saskatchewan	January 15, 2014
<b>Nenqayni Treatment Centre</b>	12-17 Female	British Columbia	January 6, 2014
<b>Ka Na Chi Hih</b>	16-25 Male	Ontario	Continuous intake
<b>Siksika Medicine Lodge</b>	12-17 Alternating Gender	Alberta	January 6, 2014 (Male)
<b>Young Spirit Winds</b>	12-17 Coed	Alberta	January 13, 2014
<b>Walguan</b>	12-17 Coed	Quebec	April 1, 2014

---

Please help!

On November 28, 2013 One of the YSAC centres was completely destroyed by fire. We send our prayers to all of the staff of the Kanai Adolescent treatment centre. The centre is in the process of continuing programming while they work through insurance claims and plans for rebuilding. In the meantime they could really use donations of file folders, notebooks Day timers, pens, post its client file folders Etc. anything will help. Please send to:

**Kainai Adolescent Treatment Centre**  
**PO Box 120 Standoff, AB T0L 1Y0.**