

## FAMILY TREATMENT PROGRAM PRICING

The Residents in Recovery Family Treatment Program is an in-patient program that supports mothers with young children in their first 9 months or more of recovery. This residential treatment program has been operating since 2021 and has evolved based on evidence and outcomes. The initial in-patient program was only three months long with some mothers transitioning into Family Sober Living. It soon became evident that those that transitioned and stayed for a combined nine months or longer had significantly better outcomes. As such, the Family Treatment Program adapted based on this evidence.

Stage one takes place in the Family Healing Center. The Family Healing Center is a large home with nine furnished bedrooms (each with their own 4-piece bath), two offices, a large playroom, a living room, dining room and a large kitchen with two stoves. Stage two takes place in one of our two multi-family complexes. The five-plex and Healing Center are all located on the same block, with the daycare and mothers' in-patient treatment programming space in the same building, across the alley. The seven-plex is located on the Saskatchewan side of Lloydminster.

### ***Program Length Matters***

Of the 96 family residential stays in our Family Treatment or Sober Living Programs, we have collected the following outcome data. The percentages indicate continued abstinence after leaving the program.

Less than 100 days in program – 14%  
More than 100 days in program – 40%  
More than 150 days in program – 50%  
More than 250 days in program – 100%



### ***Contact us or Apply***

Applications can be completed through our website, [www.residentsinrecovery.com](http://www.residentsinrecovery.com).

Please contact Tyler or Serena at 1-877-201-3955 if you have any questions.

**Stage 1 – In-Patient Family Treatment Program in Family Healing Center  
Weeks 1 through 22 (Approximate)**

- Private room in Family Healing Center
- Maximum of two children, all must be age 7 and under
- Family Sober Living is a post-treatment option for larger families and those with older children
- 24/7 in-home Support Workers, Family Mentor, and Case Worker
- Transportation and support with appointments
- Physical health, psychiatric and therapy referrals as needed
- All toiletries, over-the-counter medicines, diapers, wipes, feminine products and other day-to-day needs are included
- Healthy and nutritious food, including three meals a day, school age child lunch items, snacks for lunches and at childcare
  
- Children to be assessed and supported through the following
  - Child Assessment (ages 2 up as age appropriate): Pediatric Symptom Checklist (PSC); The Developmental Coordination Disorder Questionnaire (DCDQ); Brain Body Center Sensory Scales (BBCSS), GAD 7, PHQ 9
  - School age children to attend age and need appropriate school
  - Children ages 0 – 5 to attend trauma-informed Childcare Program
  - Alateen for Children aged 11 yrs. and up
  - Child Individual Counselling and play therapy weekly or bi-weekly as needed



### ***Stage 1 – In-Patient Family Treatment Program continued ...***

- Family life skills development and support including
  - Family to attend cultural activities
  - Family to participate in regular extra-curricular and recreational activities
  - Budgeting and shopping skills development, including rent payment (Income support)
  - Nutrition education
  - Supporting community Involvement through attending community events
  - Supporting parental involvement in child(ren)'s schooling, such as attending parent-teacher interviews, homework time, addressing child and parent concerns such as bullying, learning challenges, advocating for and accessing ed-psych assessments
  - Parenting groups - Emotionally Responsive Parenting small group & Triple P Parenting
  - Safe and Sound Protocol for Adult & Children
  - Spiritual Support and Attending Indigenous Ceremony and/or Christian Church, Bible Study
  
- Mother to complete Addiction Program that includes
  - Adult: Biopsychosocial Assessment
  - Adult Assessments: PHQ9, GAD 7, PCL-5, Substance Abuse Inventory, Neuroception of Psychological Safety Scale (NPSS); Body Perception Questionnaire (BPQ) Short Form; Brain Body Center Sensory Scales (BBCSS)
  - Adult Individual Counselling weekly or biweekly
  - Addiction and Co-occurring Disorder groups
  - Codependency & Boundaries
  - Trauma and Intergenerational Trauma Education & Stabilization Group
  - Anger and Violence Group
  - Early Family of Origin work
  - Somatic Therapy, Meditation and Mindfulness
  - Women Centred 12 Step Programming
  - Indigenous Addiction Support Group - Wellbriety, led by Elder and Mentor Clients
  - 12-Step Peer Support Groups



**Stage 2 – Independent Family Sober Living Program**  
**Weeks 23 through to 44 (as determined by progress)**

- Private or shared unit in 5-plex or 7-plex
- Ongoing support from Case Worker and Family Mentor (24/7 on-call support) – Option for increased Family Mentor and In-home Support for larger families or those reintegrating
- Access to 24/7 support
- Live monitoring of all common areas
- Access to Elder as Needed
- Transportation and support with appointments
  
- Children to continue working their care plan
  - Child Individual Counselling or play therapy weekly or bi-weekly as needed
  - Alateen for Children aged 11 yrs. and up
  - School and childcare as appropriate
  - Age-appropriate group sessions with clinician on topics such as body awareness, boundaries, healthy relationships and other trauma-informed topics
  - Summer educational and recreation program
  
- Mother to continue her Parenting and Addiction-related day programming
  - Addiction and Co-occurring Disorder groups
  - Grief & Trauma Group processing and individual counselling
  - Parenting groups: Emotionally Responsive Parenting small group & Triple P Parenting
  - Indigenous Addiction Support Group - Wellbriety, led by Elder and Mentor Clients
  - Family of Origin work
  - Somatic Therapy, Meditation and Mindfulness
  - 12-Step Peer Support Groups, including obtaining a Sponsor
  - Adult Individual Counselling weekly or biweekly
  - Relapse Prevention Planning
  
- Budgeting Skills - saving, building credit, debt repayment, etc. Mothers are expected to pay the rent to build on these skills. This portion determined by income support shelter allowance.
- Transitional Support: e.g., housing, schooling, resume building, etc.
- Building more connections to external services, such as Sexual Assault Centre, Big Brothers and Big Sisters, Interval Home, Midwest Family Connections, Focus, Olive Tree, etc.
- Supporting Community Involvement through volunteer opportunities and attending community events
- Weekly food hamper and connection to other community food resources

