



FAMILY TREATMENT PROGRAM

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 craft, sewing and playroom, a living room, dining room and a large kitchen with two stoves. Stage two takes place in a five-plex a few houses down and a seven-plex on the Saskatchewan side of Lloydminster. 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.

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.

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

Stage 1A - Stabilization Program in Family Healing Center
Weeks 1 to 2

- Private room in Family Healing Center
- 24/7 in-home supervision, Parent mentor, Client Support Worker and Case Worker
- Access to Elder as Needed
- Medication Assistance, including initiating Opioid Replacement Therapy
- 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)
- 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
- Psychiatric referral as needed
- Safe and Sound Protocol for Adult & Child(ren)
- Medical Appointments
- Addressing outstanding legal issues and family court matters
- Transportation and support with appointments (ongoing)
- Recreation Passes
- Obtaining Identification and Health Care Cards (adults and children)
- Income Support and Child Tax Benefit Applications as needed
- Income Taxes
- Set up Adult and Child Individual Counselling weekly or biweekly (ongoing)
- Culturally inclusive childcare program (ongoing)
- All meals, snacks, toiletries, diapers, formula, baby items, etc. are provided.



**Stage 1B - In-Patient Treatment Program in Family Healing Center
Weeks 2 through 22 (minimum)**

- Private room in Family Healing Center
- 24/7 in-home supervision, Parent mentor, Client Support Worker and Case Worker
- Access to Elder as Needed
- Transportation and support with appointments
- Psychiatric referral as needed
- 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
- Safe and Sound Protocol for Adult & Children: 10 weeks following the completion of 1st round
- Follow-up assessments - Adult & Child (see above)
- Women Centred 12 Step Programming and 12-step peer support group participation
- sobriety Indigenous Addiction Support Group led by Elder and Mentor Clients
- Alateen for Children aged 11 yrs. and up
- Spiritual Support and Attending Indigenous Ceremony and/or Christian Church, Bible Study
- Parenting groups - Emotionally Responsive Parenting small group & Triple P Parenting
- Sewing and crafts
- Cultural activities
- Adult Individual Counselling weekly or biweekly
- Child Individual Counselling or play therapy weekly or bi-weekly as needed
- Recreational activities and access to exercise facility
- Beginner Budgeting skills and nutritional education
- Culturally inclusive childcare program (ongoing)
- 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
- Supporting Community Involvement through attending community events
- Completion of Stage 1 tasks
- All meals, snacks, toiletries, diapers, formula, baby items, etc. are provided.

Stages 1 and 2 in Family Healing Center

- Family Healing for mother and first child.
 - **\$345 per day paid for by Agency, Band or Jordan's Principal**
 - **Add \$240 per day for each additional child.**



Stage 2 – Independent Family Sober Living Program
Weeks 23 through to 52 (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
- Live monitoring of all outdoor common areas
- Access to Elder as needed and support with cultural activities and teachings
- Transportation and support with appointments
- Addiction, Family of Origin and Co-occurring Disorder groups
- Grief & Trauma Group processing and individual counselling
- Parenting groups: Emotionally Responsive Parenting small group & Triple P Parenting
- Somatic Therapy, Meditation and Mindfulness
- Wellbriety Indigenous Addiction Support Group led by Elder and Mentor Clients
- 12-Step Peer Support Groups, including obtaining a Sponsor
- Alateen for Children aged 11 yrs. and up
- Adult Individual Counselling weekly or biweekly
- Child Individual Counselling or play therapy weekly or bi-weekly as needed
- Spiritual Support and attending Indigenous Ceremony and/or Christian Church, Bible Study
- Nutrition education: Meal planning, shopping on a budget, education and support to develop specialized nutrition plans for adults and/or children with special needs
- Access to exercise facility and recreation
- Budgeting Skills - saving, building credit, debt repayment, etc. Mothers are expected to pay a portion of the rent to build on these skills.
- Culturally inclusive childcare program (ongoing)
- 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
- Relapse Prevention Planning
- 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 community events
- Weekly food hamper (including children's school lunch items, fruits and vegetables, meat, eggs and milk) provided.

Stage 2 in the Family Healing Complex

- Independent Living per Family.
 - **\$195 per day paid for by Agency, Band or Jordan's Principal**
 - **Plus, AB Works / SK SIS shelter allowance portion paid by mother.**
 - **Option for Additional in-home support**

