



Participant Manual

Greetings from Dorie's House Treatment Center!



We would like to acknowledge that our treatment center is on the traditional lands, referred to as Treaty 4 Territories and the homeland of the Métis Nation. We pay our respect to the First Nations and Métis ancestors of these places and reaffirm our relationship with one another.

We are excited you have chosen Dorie's House to accompany you on this journey of healing your mind, body, and soul. We will all work together to make sure that your stay offers you a safe space for rest and reflection. We have created this information package for you to review prior to joining us in the house. We value communication, if you have questions please ask any staff member.

Background

Representatives from a number of agencies and organizations began meeting in February 2013, to discuss the idea of establishing a youth emergency shelter, for the benefit of youth and families in Southwest Saskatchewan. A nonprofit organization was formed under the name 'Southwest Youth Emergency Shelter Inc.' By July 2016, with the support of our community, we broke ground on Dorie's House – an eight bedroom shelter located in Swift Current, SK.

The Southwest Youth Emergency Shelter “Community- Build”

Tom Westbury and Charmaine Westbury took on this community build to honour the memory of their mom, Dorie, who passed away in August 2015. Tom & Charmaine planned, organized and supervised the building of the youth emergency shelter, now the Dorie's House Treatment Centre.

Dorie's House offers a six bed in-patient treatment program for youth ages 12-18 years old who struggle with substance misuse. Our approach provides youth opportunities to evaluate how their substance misuse impacts their own lives and the lives of those around them. We also have 2 Emergency Beds (access Local).

With the support of the Saskatchewan Health Authority, we provide group, educational and recreational programming tailored to meet the needs of individual residents. This programming includes both group and individual counselling, intended to bridge youth back to their communities as they heal, moving them towards more positive well-being.



Our Mission and Vision

Dorie's House Treatment Centre provides a safe, secure living environment for youth, in order to build their resiliency and strengthen their foundations into adulthood. We empower youth towards independence through skill building and connectivity with family and community, encouraging them to make positive choices around substance use, mental health, and safe shelter.



What is Dorie's Treatment Centre like? What will I do there?

Our youth residential treatment center offers a safe place to stay including your own room and a secure location to keep your belongings. You are encouraged to keep the customs, beliefs, and practices that make up your culture. We provide nutritious and delicious food, engagement in the community, and a variety of staff who are available 24 hours a day. Our staff believe in patience, kindness, and genuine assistance. We work hard to treat you with dignity and respect. We offer a variety of recreational activities as well as vocational and life skill-building.

Will education be available?

At Dorie's House, we value education and will support you in educational success. A Teacher Liaison is available to assist you, and Youth Workers will support you with your homework. If you are already enrolled in a school we encourage you to bring your books and assignments.

Will I be able to work while at Dorie's House Treatment Center?

If you are in Treatment, we request you take a leave of absence from your place of employment when attending treatment. It is imperative that you prioritize nurturing your wellbeing and mental health. This will ensure you receive the best and most direct care possible. We will provide you with opportunities to build vocational skills and to explore potential vocational pathways.

If you are in an Emergency Bed, we encourage you to maintain your employment, if possible: Youth workers are available to discuss how we may support you.

What will recreational activities be like at Dorie's House?

Programming focuses on individual and group activities that aim to support you in building skills, trying new things, promoting healthy mental and physical health, while building positive relationships and maybe even having fun. This is done by engaging in activities within our facility and the community of Swift Current, Saskatchewan and surrounding area. We offer a variety of leisure activities such as games, crafts, sports, volunteer work, and outdoor activities.



Problem Solving

While attending treatment, you will be challenged by new situations and old thoughts and feelings. You may feel uncomfortable at times, and that's okay. This may impact how you act and what choices you make. At Dorie's House, we believe problem solving skills are important and benefit everyone. Staff are available to support you in developing these skills as you work your way through healing. We believe that communication and feelings of safety are crucial.





You have a voice. What if you aren't happy?

Most issues can be solved by having conversations and problem-solving with staff. We understand that you may have questions and we're here to listen. With any concerns, we will work together to resolve it. If you feel that your concern was not addressed, we encourage you to talk to the Saskatchewan Advocate for Children & Youth. They can investigate if your rights were violated at Dorie's House Treatment Centre.

Confidentiality

At Dorie's House, we value and prioritize confidentiality for you, the other participants as well as for our workers. We will ask that you sign a confidentiality agreement and will also discuss with you our confidentiality policy. You will always be aware of who we can and cannot share information with. You may access your personal file upon appointment. We want everyone who stays at Dorie's House to feel safe and respected.

Pictures or Video

Pictures or videos of you will not be shown outside of Dorie's House without the permission of you or your parent/ guardian, with the exception of security, legal or well-being concerns. Pictures or Videos are not to be taken within the facility at any time.

Medical Information

Dorie's House will ensure to support you in connecting to health professionals for all your medical needs. Before your arrival, we ask that you provide us with a copy of your prescription and ask that all medications you will require during your stay be packaged by a pharmacy in a blister pack. If you wish to take over-the-counter medication during your stay, you will require a letter or prescription from a doctor and have it included in the blister packages.



Your Rights

You have the following right as you reside at Dorie's House:

- The right to know the reason you are attending treatment at Dorie's House, length of stay, and the programs that you will be involved in.
- The right to ask about plans and decisions if you feel that they are not in your best interest
- The right to confidentiality except information that we must tell others to keep you safe.
- The right to access nutritious food, clothing, shelter, and medical services.
- The right to a secure place to store personal items unless items could harm you or others.
- The right to discuss the parts of the treatment services you are not comfortable with.
- The right to express your religious, cultural, or spiritual beliefs in a respectful manner.
- The right to be whoever you are, whatever your identity, and be treated respectfully, with kindness and without judgement.



Your Responsibilities

You have the following responsibilities as you reside at Dorie's House:

- Learn the expectations of Dorie's House and adhere to our structure
- Refrain from all forms of violence. You can feel whatever emotion you are feeling; but it is important not to express it in a way that causes harm to yourself or others. We can support you with this challenge.
- Accept responsibility for your behaviour and commit to problem solving with staff to develop healthier behaviours.
- Commitment to follow policy and adhere to a substance-free lifestyle at treatment.
- Foster healthy relationships with staff and peers.
- Contribute to and maintain cleanliness within your personal space and the facility.
- Ensure harmful and restricted items are left behind or secured on arrival at Dorie's House.



Support

Getting connected, staying connected or reconnecting to a support system is a crucial part of personal growth. Arrangements can be made for your support system to remain in contact with you while you are with us (please refer to “Can I make phone calls?” section).

Relationships Throughout Treatment

We strongly believe that to fully participate in this period of transition that brought you to Dorie’s House, one should focus on oneself. Participants that engage in romantic/physical relationships lose focus of their goals and what they need to change/address in their lives. Relationships between participants will affect the stay for one or both participants, and could lead to a discharge.

What Should I Bring With Me to Dorie’s House Treatment Centre?

Please bring necessary personal items such as glasses, a hairbrush, seasonal clothing (this includes a heavy coat and boots in the winter), swimwear, sturdy shoes for physical activity and gym wear. Please refrain from clothing that advertises or promotes chemical use, gang activity, and clothing with offensive language, symbols and pictures. Please try to bring enough clothing for five-seven days. We strongly discourage the lending of personal items, as this can create conflict as well hygiene issues. For tobacco and vape products please refer to the “Can I use Tobacco?” section.



What Should I Leave At Home?

All electronics (we will provide you with a Chromebook to work on skills development), perfume/cologne, any aerosol sprays, personal care products such as shampoo/conditioner, toothpaste, makeup and lotions, any drug paraphernalia, hand mirrors, glass (including picture frames) or sharp objects like scissors, tweezers and nail-clippers. Any of these items found in your bags or on your person will be kept in a locked storage during the entirety of your stay.

We will provide all personal care products needed; if you are concerned about any specific products or allergies please include this information in the admission package prior to your arrival.

What Should I Take Care Of Prior to Arriving At Dorie's House Treatment Centre?

Prior to arrival, please take care of any appointments such as doctor, dental, or court dates. Remember to complete all admission applications, your medical forms and provide any information (for example prescriptions) vital to your stay.

Should I Bring Money With Me?

No money will be required at Dorie's House Treatment Centre. We provide all meals, snacks and personal care items. Any money brought into the facility will be stored and secured until departure. We can store a maximum of \$100 per participant.

Can I Use Tobacco?

We encourage everyone to prioritize their health and we will provide you with any information and support needed to stop or reduce your Nicotine use. Dorie's House Treatment Centre does however allow for supervised use of tobacco cigarettes and vapes. Only new, unopened and original cigarette packages or single use vapes are allowed in the facility. If you are in treatment, you will need to bring enough tobacco products for your entire stay as there will not be an opportunity to get more. There are 5 'deck times' in the day where tobacco products can be used. Currently, no chewing tobacco is permitted. Participants cannot share any tobacco products.

All participants are required to have signed consent from a parent or guardian to use tobacco products.

Am I Allowed to Have Visitors During My Stay?

Dorie's House Treatment Centre does not allow in-person personal visitation as we want you to be able to focus on your recovery and the programming provided. Visits from professionals in your support network may be arranged through the House Manager or Executive Director. If you are in an Emergency Bed you may go on a pass to visit with family or friends.



Can I Make Any Phone Calls?

Yes, three supervised phone calls are allowed per week, with a maximum of fifteen minutes per call. Phone calls must be arranged with staff who are on shift and are subject to availability. We will ask for a list of up to five individuals, their full names, their relationship to you and their phone numbers. We reserve the right to verify any contact. Other contacts cannot always be added once you arrive (you can discuss this with a Youth Worker), but you can refuse to speak to these contacts at any time. You are required to bring prepaid phone cards for any international calls.

Am I Able to Access the Internet?

Dorie's House Treatment Centre does not allow internet access for the participants, except for educational purposes. There will be many other recreational opportunities to occupy your time and we encourage you to try as many new activities as you can.

Are There Any Chores I Will Need to Do?

It is everyone's responsibility to keep our Dorie's House clean. Participants are expected to help with standard household chores such as vacuuming, sanitation, and meal preparation. Each participant is expected to complete their personal laundry and bedding once a week on scheduled days. If you require support, please speak to a staff member.



Will I Have to Share a Bedroom with Someone Else?

No, each participant will have their own room. This will be your own space and responsibility to maintain cleanliness. Common areas are available to all participants.

How Long Will I Stay?

The standard Inpatient/Outpatient stay at Dorie's House Treatment Centre is four to six weeks long with the ability to extend on an individual basis. For Emergency Bed it depends on the situation. This is a process we will work on and discuss with you as we go along. If you have any concerns or questions about your stay, don't hesitate to reach out to a Youth Worker.

When is Bedtime?

We have scheduled "Lights Out" at 10:30pm nightly. We believe sleep is important so participants may go to bed earlier than scheduled after consulting with a staff member.

Is There Going to Be Any Family Counseling During My Stay?

Dependent on individual care plans, family involvement will vary. This will be decided by you and our Mental Health Therapist.

What Kinds of Recreational Activities Will I Be Doing?

There will be many activities planned during your stay at Dorie's House Treatment Centre. We will be offering a mixture of indoor, outdoor and community based programming to keep you busy. Some examples are crafting, painting, sports, walking, board games, video games and other community activities. We are always open to new ideas and we will try to plan activities that we can all enjoy, while remaining safe and healthy.

Are There Rules That I Will Have to Follow? What Are They?

Dorie's House Treatment Centre is a place that has a specific structure and "Norms". These are created to maintain safety and comfort for everyone at all times. We will continue to clearly communicate our structure and group/individual expectations: we believe in transparency and accountability. (See 'Know your Noes')



What Kind of Meals Will There Be?

The Dorie's House Treatment staff will prepare and cook snacks and meals for participants. We welcome participant input for the scheduled menu and encourage help to prepare meals and snacks when appropriate. Any concerns about allergies or sensitivities, religious restrictions, or sensory preferences should be communicated with staff. We want to

ensure participants receive nutritious meals to support recovery and will be following Canada's Food Guide.

Will There Be Any Free Time In The Day?

A schedule is organized each day and includes some free time. Participants are able to relax in their rooms, socialize with others, or complete activities from available resources.

Am I Able To Leave The Treatment Centre

Dorie's House is an in-patient treatment program. Participants will not be permitted to leave the facility unless out on a group activity with the staff, for medical reasons (accompanied by staff or a health professional), or if their stay is ending. Emergency Shelter participants may leave on passes, at the Youth workers' discretion.



What If I Don't Want To Participate In An Activity?

All participants are required to do their best to participate in programming. We offer a variety of activities to promote participation and fun. If concerns exist or ability to participate is restricted, please talk with staff prior to the activity so we can problem solve together.

What Will The Daily Schedule Be Like?

The daily schedule will be posted in the common area so participants are always informed. We believe in routine so most activity times remain the same from day to day. However, this is subject to change: staff will update participants as soon as possible.



YOUR QUESTIONS

Do you have any questions for us? Please write them down here so we can discuss them with you upon your arrival:



Monday-Sunday

0730-0800 - Wake up (First call 7:30)
0800-0900 - Breakfast & Medications
 - 0830-0845 - Deck Time
0900-0930 - Circle Chat (House Meeting on Sundays)
0930-1130 - Skills Development
1130-1200 - Lunch Meds & Set Up
1200-1230 - Lunch & clean up
 - AA Meetings when possible
1230-1245 - Deck time
1245-1400 - Community Action
1400-1600 - Group 'Games & Activities' (*without TV/Video Games*) when there is no Group
 -----> After Group Deck Time *only when there is Group*
1600-1700 - Self-care and Coping Skills
1700-1730 - Supper Meds & Supper prep
1730-1815 - Suppertime & clean up
1815-1830 - Deck time
1830-1900 - House Tidy Up
1900-2030 - Games & Activities
 - AA Meetings when possible
2030-2100 - Meditation and Reflection
2100-2115 - Deck Time
2100-2130 - Bedtime Medication
2130-2230 - Bedtime Preparation



Know the Noes

COFFEE ONLY UNTIL 1500 (only made by Youth Workers, or YWs)

- Caffeine is a central nervous system stimulant that can have an impact on how you feel, function and sleep. Sleep is an important part of your mental and physical well-being. At Dorie's House we want to make sure that you have the best chances of being in a good place physically and mentally. By having only YWs make coffee, we are able to monitor everyone's coffee intake (including our own!)

NO TV OR VIDEO GAMES UNTIL 1900 (and only until 2030)

- TV and video games can be a way to relax, distract from worries/cravings and have fun. At Dorie's House we want everyone to explore more than one way that they can manage their time and stress. By restricting access to video games, we are encouraging you to try other activities. We are open to ideas and we can help you: talk to a YW about your interests and any activities that you may like to try. TV and Video Games will be turned off at 20h30, *no exceptions*.

NO NICOTINE ON GROUP OUTINGS AND ONLY AT DECK-TIMES

- Nicotine is a naturally produced alkaloid that is widely used recreationally as a stimulant and anxiolytic. Nicotine is classified as a poison and can have adverse effects on your health and wellbeing (Sleep, Cardiovascular system, Gastrointestinal, Muscular, Joint pain and increased risk of Cancer). Nicotine-use at Dorie's House is an 'exception' that we allow, but that we restrict because of its negative effects. We encourage all participants to find alternate ways of coping and we are here to help you explore them.

YOU MISS A DECK TIME, YOU WAIT UNTIL THE NEXT ONE

- We promote a specific structure at Dorie's House to ensure the safety and comfort for everyone. Also, creating and sticking to a schedule can provide a stabilizing force, help you develop self-control, improve your mental health, keep you engaged and improve your physical health.

NO SCREEN TIME AFTER 2030

- Screen time is linked to a host of insomnia symptoms. By delaying the release of melatonin, screen time pushes back bedtime and leads to a less restful sleep. Given that we have a strict schedule start time each day, a later bedtime usually results in less sleep overall and increased 'next-day' sleepiness.

REMEMBER: IF YOU ARE STRUGGLING WITH A PART OF THE STRUCTURE OR ANY ACTIVITY, TAKE 10 MINUTES, AND THEN COME BACK TO TRY AGAIN. WHEN NEEDED, TALK WITH A YW.

We're Here to Support You!

