
Continuing Care

The six [6] weeks of the Healing and Recovery Program are filled with changes and unfamiliar emotions. The time spent at VHYTC is all about recovery, and breaking a Participant's cycle of addiction. During their stay, the Participant will gain the tools needed for recovery maintenance, establish realistic goals for their future, and gain coping skills to deal with the stress of everyday life. Although attending VHYTC Healing and Recovery Program is an important step towards living a happy and healthy life, the sober journey does not end upon graduation.

That is why we provide Continuing Care service to ensure that a Participant continues to receive the support and guidance required to rebuild their life. At VHYTC, we contact a Participant once a week for the first month, [or more often if necessary] and at 3, 6, 9, and 12 month intervals.

It is on their return to the "real world" that a Participant will apply every lesson they learned at the VHYTC, every support system they developed, every trigger point they learned to deal with, and every treasured insight to begin their lifeline Healing and Recovery journey while at VHYTC.



Program Supports

- * Initial Assessment, Screening and Healing and Recovery Planning
- * Individual Counselling
- * Group Process
- * Family Support
- * Case Conferences
- * Recreation Activities
- * Participant-Centred Services
- * Advocacy
- * Individualized Healing and Recovery Journey Planning
- * Social Skills and Life Skills
- * Transition Planning
- * Individualized Academics
- * Elder Visits
- * Cultural and Gender Difference Support
- * Create a Support System
- * Continuing Care for up to one [1] Year

There is no cost to Participants or Families



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Welcome to Valley Hill Youth Treatment Centre

Who We Are

Valley Hill Youth Treatment Centre is a new [opened September 2012] Healing and Recovery facility for all Saskatchewan youth 12-17 dealing with alcohol and drug misuse issues.

Located in Prince Albert [just north of Victoria Hospital], it combines elegant and modern charm. With fifteen [15] single occupancy co-ed spacious beds, the centre includes a classroom, smudge/prayer room, craft room, and a spacious eating area.

Goal

VHYTC helps Participants [regardless of their background or culture] overcome alcohol and drug misuse and destructive behaviours. The environment is nurturing and supportive and the employees are experienced in working with young Participants. VHYTC provides a safe supportive and intense Healing and Recovery Program filled with daily activities designed to help the Participants come to terms with their problems and begin to make positive choices that will lead them to healthy and productive lives.



Philosophy

The philosophy of Valley Hill Youth Treatment Centre is “Every” youth 12-17 deserves an opportunity for Holistic Health.

We do not treat alcohol and drug misuse, we treat Participants who are struggling to overcome the challenging effects of alcohol and drug misuse.

Healing and Recovery Program Overview

Our program is six [6] weeks long and divided into seven [7] phases with several learning components worked daily, embracing an individualized Healing and Recovery Journey plan. The employees work with the Participants to assess their current situations, clearly define goals, and develop necessary coping skills.

Our schedule allows for Participants to fully engage in their Healing and Recovery Journey with limited downtime during daylight hours. All of our Healing and Journey Recovery Plans include:

- * Individualized care and personal Healing and Recovery
- * A staff dedicated to guiding and facilitating Participants Healing and Recovery Journey Plans
- * A break period at the start of the Recovery and Healing Program where the Participants focus on themselves
- * The utmost privacy standards in a confidential environment
- * A focus on physical, nutritional wellness, and restful and relaxing sleep

What makes Valley Hill Youth Treatment Centre Unique?

At VHYTC we use the Biopsychosocial model because it can most adequately explain the complex and complicated nature of alcohol and drug misuse.

The most important implication of the Biopsychosocial Model for Healing and Recovery is the realization that a single Healing and Recovery approach is unlikely to be sufficient. As the biological, psychological, social, and spiritual needs are assessed, an individualized integrated, comprehensive Healing and Recovery Journey Plan response must be implemented to meet the entire Holistic Needs of the Participant.

The Environment

Participants are viewed as the centre’s most important resource. It is the responsibility of VHYTC to provide a safe, healthy, therapeutic, and non-judgemental environment within which change may take place. The uniqueness of each individual Participant is recognized and valued.

The basic right to nutritional food, rest, shelter, education, recreation, health care, spiritual connection, and counselling is provided in a safe environment are fundamental.

Participants will live, attend school, and participate in group activities with other Participants, qualified employees and the teacher. They will spend the majority of their time participating in modular learning, therapeutic groups, academic activities, recreational adventures, and cultural experiences. Participants will gain exposure to new opportunities and healthy coping styles.