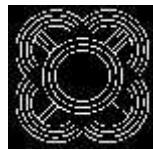


# **TRANSITIONS PROGRAM**

## **REFERRAL INFORMATION &**

## **INSTRUCTIONS**

**“Recognizing Strength, Building Capacity”**



201-170 Wallace Street

Nanaimo, BC V9R 5B1

**INTAKE PHONE: 250-714-8167**

**FAX: (250) 754-1605**

## **TRANSITIONS PROGRAM**

### **REFERRAL PACKAGE INFORMATION**

#### **REFERRAL CRITERIA**

Transitions is a voluntary program designed for females and males 12-19 years of age who have concerns related to personal or familial substance use and the contributing factors associated to substance use. Referrals are accepted on an ongoing basis, Monday – Friday 9:00 am to 5:00 pm (excluding statutory holidays).

#### **PROGRAM INFORMATION**

The Transitions Program offers two types of residential service. Youth who attend the Transitions Program will reside in one of our care homes for Withdrawal Management or Supportive Residential Care in the Parksville / Qualicum, Nanaimo, Ladysmith and/or Duncan area while receiving support from the youth's assigned Care Coordinator and appointments with a Substance Use Counsellor.

#### **Withdrawal Management (WDM)**

Youth will stay up to ten days for acute withdrawal management (WDM) services. WDM is a voluntary and non medical program. Care providers carefully observe the youth for the first 72 hours and complete Withdrawal Symptom records. Youth are carefully supervised during their stay in WDM. A specific set of rules and guidelines are followed to ensure youth are able to focus on health and wellbeing. A WDM Service Plan is created after the Program Coordinator completes the needs assessment with the youth and family. The service plan defines the goals and needs of youth while staying in the WDM care home. The plan also provides ideas for planning routine and programming activities for improved physical and psychological health. Family involvement is considered central to our approach and consistent efforts are made to engage family in communication to offer support to members as needed, as well as to encourage ways they can support their child, during a youth's seven to ten day stay.

#### **Supportive Recovery (SR)**

Youth will stay for a period of several months for supportive residential (SR) services. SR is a voluntary and non-medical program. Care providers work with youth to promote a stable routine and substance free environment established while in Withdrawal Management. Youth are slowly given more responsibility over their life functioning, and therefore experience a more typical amount of life stressors. The SR care home supports youth with accepting these daily stresses and encourages new ways of coping and behaving under life stress. A specific set of rules and guidelines are followed to ensure youth are able to continue to focus on physical and psychological health, as well as developing improved self talk, communication, relaxation and visualization skills. An Individual Service Plan (ISP) is created after the Team completes the Integrated Case Management meeting with the youth and family, and is reviewed monthly for progress, emerging issues, and relevance. The ISP defines the needs and short term goals of youth while staying in SR care home. The plan also outlines the specific strategies that will be used to achieve the goals and the roles and responsibilities of the team members – including the youth's job. Family involvement is considered central to our approach and consistent effort is made to engage family in communication to offer support to members as needed, as well as encourage ways they can support their child over the one to three month stay. Parents are offered additional counselling through NARSF's Living In Families with Teens (LIFT) Program, and can access such services on request.

## **REFERRAL PROCEDURE**

1. Contact the NARSF Transitions Program at **250-714-8167** to speak to a Care Coordinator regarding program availability and possible fit for your client.
2. Request a referral package or refer to NARSF Program website for updated referral package ([www.narsf.org](http://www.narsf.org)).
3. Fax the completed referral information to **250-754-1605**. A completed referral includes the following for:

***Withdrawal Management:***

- A copy of any relevant assessment material currently available on file
- Referral form and psychoactive drug history form (2 pages)
- NARSF Transitions Medical Screen Form (1 page)

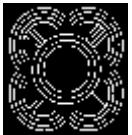
***Supportive Residential:***

- A copy of any relevant assessment material currently available on file
- Referral form and psychoactive drug history form (2 pages)
- NARSF Transitions Medical Screen Form (1 page)
- Any Individual Service Plans, Safety Plans and/or probation orders

4. Please provide the youth with a copy of the NARSF Medical Screen form (1 page, located online) to be completed prior to admission date. Youth and/or family can submit the Medical Screen form in person or by fax directly to a NARSF Transitions Program Care Coordinator.

After receiving the referral information a NARSF Transitions Care Coordinator proceeds by:

1. Contacting the referring agent to review the referral, and identify objectives and historical themes.
2. Completing an assessment with the youth and family to determine needs and goals, eligibility and placement priority of the referred youth. This assessment can be completed in person or by phone contact.
3. Discussing with the referring agent the expected placement start date as well as pre schedule the discharge meet



## PRE INTAKE HANDOUT

### **What Youth and Families Can Expect**

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#### ***Transitions Youth Withdrawal Management & Supportive Residential Program***

Transitions is a program designed to help youth with problematic drug and alcohol use achieve their goal of abstinence or reduce harmful consequences of substance misuse. The program is voluntary and offers non-medical, multi-model services to youth between the ages of 12-19 years in a private, safe, chemical-free and supportive care-home setting.

#### **Program Features**

The **Youth Withdrawal Management** (detox) program provides a safe and supportive environment for voluntary withdrawal from alcohol and/or other drugs. Services are geared to youths under the influence of substances, in withdrawal, and/or otherwise in crisis directly related to substance use. The program provides support and supervised care as each youth goes through his/her unique withdrawal process. The length of stay ranges from seven to ten days. During this time a program Care Coordinator will meet with the youth to develop a service plan to meet his/her's individual needs. This could involve a referral to a Discovery Youth and Family Substance Use Services (DYFSUS) counselor, which would provide additional support such as discharge planning and early recovery education.

**Transition Supportive Residential** (stabilization) Program provides youth an opportunity to stabilize from the physical, emotional, and educational consequences of substance use for a period of one to three months. Individual case planning addresses educational, vocational, life skills development, leisure and recreational opportunities, relapse prevention, harm reduction and personal development needs of each youth. Services and support to youth and their family in the program include: assessment, home visits, individual alcohol and drug counseling, education, support and assistance with post withdrawal treatment planning.

*Supportive residential offers a safe, supportive place where youth can experience new opportunities, overcome barriers, build positive relationships, return to school, attend support meeting, make significant life changes and develop confidence and skills for life.*

#### **What to Expect**

Following acceptance into the program, a service plan is created with the youth in order to address his or her individual needs. These may include:

- Withdrawal management
- Substance misuse/harm reduction
- Supportive residential care
- Educational/vocational needs
- Life skills
- Safety planning
- Family relationships
- Nutrition
- Health needs
- Independent living skills
- Social/recreational needs
- Mental health concerns

#### **Program Outcomes**

- Withdrawal from drugs/alcohol
- Connection to school/employment
- Improved health
- Expanded social network
- Increased self-esteem
- Reconnection to family
- Exposure to positive recreational activities

## **Our Staff**

Transitions is staffed by two care coordinators. Staff members work closely with the Vancouver Island Health Authority Discovery Substance Use counsellors and other contracted agencies providing Youth and Family Substance Use Services.

## **Fees for Service**

The Transitions Program is free of charge and is funded by the Vancouver Island Health Authority.

## **Languages Spoken**

English, or interpretive services, by arrangement.

## **Access to Program**

Access to the Transitions program would be through a referral made by a social worker or clinician who is currently working with your family. For further information on the program you can call and speak to a Transitions Care Coordinator on (250) 714-8167.

Medical Screening: Youth are required to attend a medical appointment with a medical physician who will determine the youth's appropriateness to stay in our non-medical Withdrawal Management or Supportive Residential Care Home.

Admission: Prior to a youth's admission to a Transitions Care Home, a program orientation meeting is held to sign pre admission forms, provide program information and set clear service goals..

## **Location**

NARSF Transitions Program care homes provide structured supervision and support within a family setting. The safe placement of youth emphasizes the protective and supportive elements of family living while encouraging and providing opportunities for independent growth and responsible community living. In addition, mutual self-help, assistance in economic, education, vocational and social adjustment, the integration of the life skills into daily life and a solid recovery plan is provided.

## **Transitions Office:**

#1A-170 Wallace Street, Nanaimo, BC.

***Funding for this program is provided by the Vancouver Island Health Authority***

## **PLEASE NOTE THE FOLLOWING:**

Program participation may involve recreation and leisure activities in the community. It is understood that this program includes sports activities, where the risk of injury is always present. It is further understood that reasonable care and precautions for safety will be expected and implemented at all times by youth participants and professionals alike.