

Transitions - Youth Withdrawal Management and Stabilization Programs

Parent / Guardian Frequently Asked Questions

1. Will I know the address where the youth will be staying? Can I call?

Yes, you will be provided with the address and phone number to the Care Home. Calls can be made to the Care Home up until 9:30 pm daily.

2. What type of supervision do the youth get in the Withdrawal Management Program?

In the Withdrawal Management Program youth are supervised by their care provider(s). They cannot attend school or go out in the community on their own during this phase. However, they do have alone time in their rooms and can go outside to smoke in designated areas.

3. Is there a cost to the program?

The program is funded through Island Health at no cost to the youth or family.

4. Who will cover the cost of prescriptions?

The cost of prescription medication is the responsibility of parents / guardians.

5. Who do I contact if I have questions?

Youth are assigned a Care Coordinator who is available Monday-Friday between 9:00 AM – 5:00 PM. You will be provided with their contact information. If your child is currently not in one of our programs, you may call the intake line at 250-714-8167 with any questions.

6. Can parents / guardians visit the youth in the Care Home?

Parents / guardians are encouraged to plan visits; however visits are to take place outside of the Care Home. Parents / guardians will be invited to attend intakes, planning meetings etc. at the Care Home as appropriate.

7. Can youth visit their family / guardians?

Youth are not permitted to go to their family / guardian's home while in Withdrawal Management (7-10 days). However, they can have planned visits with their family in the community. Youth can plan home visits with their Care Team while in the Supportive Recovery Program. Parents / guardians are asked to sign a supervision contract and abide by program rules.

8. Who is responsible for transportation for family visits?

Parents / guardians are responsible for providing transportation for family visits.

9. During home visits are parents / guardians expected to follow program rules?

We ask parents / guardians to follow program rules while youth are on home visits. This includes enforcing such rules as not allowing youth access to their cell phones, and limiting contact with peers to only those on approved Safe Contacts list (during Supportive Recovery).

10. Can youth have overnight visits in Supportive Recovery?

Youth will work with their Care Team to work towards a plan for having overnight visits with their parents / guardians. All visits are to be planned in collaboration with the youth, their families / guardian and Care Coordinators.

11. Can youth see their friends while in the program?

While in the Withdrawal Management Program youth are not allowed to have visits with their peers. When in the Supportive Recovery Program, a Safe Contacts list is created with youth after they've settled into the program. Visits with a Safe Contact may be planned in collaboration with the Care Team.

12. Can youth attend school while in the program?

Youth are not permitted to attend school while in the Withdrawal Management Programs. Youth can attend school in the Supportive Recovery Program.

13. What is a “day plan”?

All youth in the Supportive Recovery Program are required to have a “day plan” – structured, planned activities during the day within the community. Day plans are youth lead and take a holistic approach. The day plan may include a combination of school, working, volunteering, vocational programs, and recreational activities.

14. What type of community or counselling support is available for the youth and their parents / guardians?

As part of our program(s), youth meet regularly with an A & D counsellor. Counselling is provided by Discovery Youth & Family Substance Use Services. Families also have the option of attending counselling through the LIFT Program at NARSF Programs.

15. How does the program support cultural and / or religious practices?

Accommodations are made so that youth can participate in specific cultural and / or religious practices that occur outside of day to day programming. Care providers are available to support youth with transportation and help connect youth with culturally relevant community services and supports.

16. How long is the Supportive Recovery Program?

The length of the Supportive Recovery Program is determined by the youth's goals, participation in their day plan, and discharge plan. The average stay is typically 3-5 months.

17. What is a Discharge Plan?

A Discharge Plan is developed to provide a safe opportunity to exit the program should the youth choose to discharge themselves early from their placement or if they are discharged by staff. All youth are required to identify a list of 3 people who are willing to pick them up.

18. What is the role of the care provider and what are their qualifications?

Our care providers are caring individuals / couples who offer a safe, stable, and nurturing environment under the direction of the Care Coordinators – they are not trained counsellors or mental health workers. Care providers receive in house training, have valid First Aid training, as well as Non-Violent Crisis Intervention training. The care provider's role is to support the youth in a stable and substance free environment - they will work with the youth to help them strengthen life skills while supporting youth to connect in the community in healthy, pro-social ways.