

Referral Process for WDM or SR Program

Call the intake line for information and inquiries: please call the Transitions intake line at **250-714-8167**

Youth Connection / Orientation: youth are encouraged to connect with our team to discuss readiness

Referral: family, community supports, or youth may refer after completing a needs assessment

Needs Assessment: an initial needs assessment will be conducted to determine suitability for a referral to the program. Youth supports (family, counsellors, probation, etc.) will be contacted as part of the screening process

Meet and Greet Opportunity: when possible a meet and greet opportunity with the care home will be arranged for youth and their family prior to entering the program

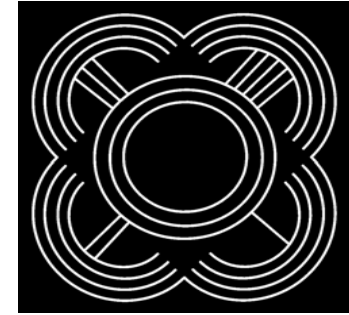
Medical Screen: Transitions offers non-medical programs and requires a doctor's permission via a medical screen to participate.

Program Acceptance: initial paperwork and consents are completed and intake date is determined

Intake: process usually takes an hour and can include family / supports

FREQUENTLY ASKED QUESTIONS

- 1. What substances do I have to be using to get into 'detox'?**
Any substance, including cannabis, that youth are wanting to abstain from using. IV drug use, or other substances that require a medical detox, cannot be supported in a care home model.
- 2. Will there be other youth in the care home?**
No, you are the only youth placed in the care home.
- 3. Can I smoke?**
Yes— smoking is permitted. Youth will not be supplied with cigarettes and must bring in their own.
- 4. What is the "med screen"?**
The "med screen" is a medical form completed by a doctor stating a youth can safely detox in a non-medical program. Staff go over this in detail with youth prior to coming into Transitions.
- 5. What is a "day plan"?**
A "day plan" is set up with youth in the SR program. Youth are expected to participate in school, work, or community for ideally a minimum of 3 hours daily.
- 6. What can I bring?**
Bring a couple changes of clothes and your personal toiletry items (up to two bags). *Cell phones, laptops, and music players with internet access are **not permitted**.*
- 7. What type of community or counselling support will I get?**
Youth are required to connect with a D&A counsellor. Youth are supported to connect with existing or new community supports.
- 8. Where can I find more information?**
Program information, including the handbooks and forms, can be found on our website at www.narsf.org



NARSF Programs Ltd

TRANSITIONS

Youth Withdrawal
Management

&

Supportive Recovery
Program

Intake: 250-714-8167

Fax: 250-754-1605

www.narsf.org

About our Programs

- Transitions offers two programs for youth wanting to address their substance use—**Withdrawal Management (WDM)** and **Supportive Recovery (SR)**
- **youth**— ages 12—19 flexible
- **voluntary**—youth participate voluntarily
- **non-medical**— programs are non-medical and require to have a medical screen completed prior to acceptance
- **stability**—safe and supportive environment in a care home setting
- **community connection**—youth are supported in connecting with an D&A counsellor and other community supports
- **discharge planning**— upon intake youth complete a discharge plan to support a safe opportunity to exit the program should the youth choose to discharge themselves early from their placement

Family Counselling

The Transitions Program partners with the **LIFT Program** (Living In Families With Teens) to provide counseling and support for parents of youth placed in the program.

**The Transitions Program is funded by
Island Health**

What is “Withdrawal Management”?

- Safe and supportive environment to voluntarily detox from substances
- Length of stay ranges from 7-10 days
- Caregivers are responsible for supervising youth during this time
- Youth will have their own private room and access to a comfortable home
- Care Coordinator and other supports will help youth develop a service plan to meet their individual needs
- Counselling is provided by Discovery Youth and Family Substance Use Services (DYFSUS) and the LIFT Program

What is “Supportive Recovery”?

- This program is voluntary and requires the commitment to take a break from using all substances
- Length of stay is flexible and dependent on youths goals and circumstances
- Care Coordinator will work with youth in the creation of a service plan to address individual needs
- The care team will support youth with building structure into their day and getting into a routine; participating in the community by working, attending school/training, volunteering, or a combination
- Counselling is provided by Discovery Youth & Family Substance Use (DYFSUS) Counsellors and the LIFT Program
- Caregivers will support youth with getting into a healthy routine and providing supervision, supportive listening, transportation, and help improve life skills

CARE HOME MODEL

- youth are placed in care homes which offer a different experience than a facility
- the care home model emphasizes protective and supportive elements of family living
- care homes provide structure, supervision, and support in a family setting
- caregivers provide individual care to youth
- caregivers provide youth with a safe and stable environment
- caregivers are supported by the program Coordinator throughout a youth’s placement

Youth are given the opportunity to have a “Meet & Greet” with their prospective caregivers. This allows youth and their families to tour the care home and meet with the caregivers prior to entering the program in order to provide a full understanding of the care home model.

The Transitions program currently has care homes located in the communities of Nanaimo, Parksville, and Ladysmith.