

Referral Process for WDM or SR Program

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

Youth Connection / Orientation: youth are encouraged to connect with our team to discuss the program(s)

Referral: open referral—family, community supports, or youth may refer

Needs Assessment: an initial needs assessment will be conducted to determine suitability and readiness for 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 prospected care home will be arrange for youth and their family prior to entering the program

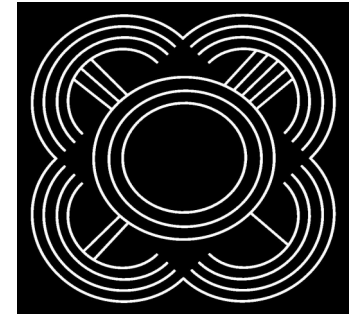
Medical Screen: Transitions offers non-medical programs that require doctors permission via a medical screen in order to participate

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

Intake: process usually takes an hour and includes inventory of belongings. Family / supports may attend

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. Detox from 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 are not 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)**
- **for youth**— ages 12—19 flexible
- **voluntary**—youth participate voluntarily
- **non-medical**— programs are non-medical and require that a medical screen is completed prior to acceptance
- **stability**—safe and supportive environment in a care home setting
- **community connection**—youth are supported in connecting with a 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 / guardians of youth placed in the program. Priority is given to families with youth in our 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 to strengthen 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 for youth
- caregivers provide youth with a safe and stable environment
- caregivers are supported by the program Coordinator throughout a placement, including 24 hour on call support

In order to provide a full understanding of the care home model, 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 caregivers prior to entering the program.

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