



Family Centred Addiction Program

Families struggling with addictions now have a new kind of help available.

The Family Centred Addiction Program (FCAP), based out of Moose Jaw, Saskatchewan, is an innovative addiction treatment program that supports not only the individual struggling with substance misuse, but also their immediate family. This new program is an extension of the Family Treatment Program started over a decade ago by Ranch Ehrlo Society.

FCAP is an intensive in-home program. Families will take up residence in their own two or three-bedroom suite apartments within a secure environment that offers 24/7 on-site and awake staff support.



About the program



- + Innovative addictions treatment program
- + For the entire immediate family
- + 24/7 on-site staff
- + Based in Moose Jaw, Saskatchewan



Program referral criteria

Please see our criteria below to see if your family would be a fit.

+ Other, less intensive services have been exhausted or are not appropriate.

+ The family members are willing and available to participate.

+ All participants agree to addictions recovery planning.

+ The child(ren) can attend a regular childcare and/or educational placement.

+ Maintaining the child(ren) in the home is not just a temporary plan (waiting on entry to different care facility).

+ Caregivers agree to consistently attend daily programming.

Additional items to note

• The family members referred to this program have completed structured detox programming and are willing to work on sobriety planning.

• The program supports families on suboxone and other medications as prescribed by their doctors.

• The family is assessed as safe to reside with one another. This includes no active interpersonal violence occurring in the home and all caregivers are safe to be with their children (no sexual abuse concerns or severe child welfare concerns where a child's safety is at risk).

• Couples are welcome to attend together. The program may offer 24 hour respite for a couple in conflict, however, if they are unable to rejoin together safely after this time the referring agency will be responsible for alternative accommodations.

• Physical violence towards family members, other program participants or staff will result in immediate removal from the program.



+ **Families entering treatment should bring the following items:**

- Health card
- Status card
- Prescription medications
- Personal toiletry items (i.e. toothbrush, toothpaste, shampoo, brush/comb, razor/shaving cream, deodorant, feminine hygiene products, etc.)
- Outdoor clothing – seasonal appropriate
- Clothing
- Spending money
- Cigarettes
- Baby formula
- Diapers
- Baby wipes
- Infant/child furniture (i.e. cribs/playpens, highchair, stroller)
- Toys/activities for children

About the program

Families can live together while participants with addictions attends daily programming centered on addiction recovery work. Other treatment is geared to the needs of the families including safety in parenting, child behaviour management, parent education and support on discipline, and child development and relationships. Families are also offered services in the areas of nutrition, household management, self-care, and employment/educational skills.

Children/adolescents will attend school while parents/caregivers complete individual programming focused on psycho-educational curriculums.

Additional treatment includes:

- Groups focused on grief, anger management, domestic violence, addictions recovery, transitions and relapse prevention, healthy relationships, life skills, smart recovery, seeking safety, and cultural centred groups

- Cultural and religious programming provided to families when applicable. This programming may include: beading groups, sweats, access to elders, spiritual services, and groups, etc.
- Child/youth groups as needed
- Counselling services - individual, couples and/or family
- Daily or weekly parental groups:
 - Parenting skills
 - Addictions education & relapse prevention planning
 - Understanding trauma & mental health
 - Co-dependency & building healthy relationships
 - Body work (yoga, meditation, etc)
 - Physical wellness (nutrition, exercise)

Aftercare programming may take place with the families' home communities.



24/7 on-site staff in a secured apartment building, including hallway cameras and alarmed doors. The building can host up to eight families in furnished two or three bedroom apartments with balconies. No pets, smoking, or extended family are allowed to stay.



Families in the program will spend the first 30 days in a secured environment and will not be able to leave the facility without staff. This might be extended in collaboration with the families, if they feel additional support in the community is required.



Referring workers receive weekly updates and regular reports (initial report after 30 days). The length of the time the family is in the program is dependent on the individual needs of the family. We do ask that families remain in the program for a minimum of 120 days. Duration of treatment will be assessed in collaboration with the referring agency and the family after this time.

Professional and competent staffing

Families will encounter several different staff during their treatment. Specially educated staff trained in prevention/reunification services works with the family on an intensive basis on the referral issues and the individualized treatment plan.

Each family is assigned a Family Preservation Therapist who works with them in the home to achieve their treatment goals, manages their day-to-day needs and ensures ongoing communication between the

family, program, and referring agency.

A Mental Health and Addiction Counsellor completes addiction assessments, individual counselling, and facilitates group programming five days per week for the participants affected by addictions. Group supports and education are also provided to family members impacted by addictions in the family.

Family Treatment Workers provide support to families

mornings, afternoons, evenings, throughout the night (awake staffing) and on weekends. These staff support the families in child behaviour management, facilitating family engagement, supporting families in concrete needs, and providing childcare where needed.

The program also provides on-site childcare for parents while they are in programming with trained Early Childhood Educators. As a team, staff spend approximately 20 hours face-to-face with each family per week.

Cost

There is a cost for family treatment and services. The program does not cover the items below. These costs will be discussed with the referring agency prior to implementation:

- Transportation or escort costs for initial placement, court appearances, child visits, funerals, medical appointments outside of Moose Jaw or when requested by the referring agency to complete a transportation or escort service.
- Medical/dental/optical/hearing costs and lice treatments.
- Child needs - clothing, infant formula, diapers, cribs, etc.
- Personal items for participants— gym passes, cigarettes, spending money, bus passes, gas, recreation costs outside of programming.
- Repairing damage to the apartment or exterminating pests (bed bugs, roaches).
- Costs associated with emergency situations not covered under the per diem. These include but are not limited to:
 - Parental hospitalization (staff need to be with the children).
 - Parental incapacitation (intoxication or abandonment & staff are required for the children).
 - Child hospitalization (staff need to be with other children).
 - Costs associated with the referring agency asking the program to complete shopping or services that will be billed back to the referring agency (clothing shopping, furniture shopping, obtaining quotes for items).
 - In home cleaning requiring more than two hours/day to maintain a safe environment.
 - Shelter/accommodations for unsafe member of the family (i.e. physical violence in the home).



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