



Family Treatment Program

Improving family safety, family functioning, and child well-being so families can remain together

Former family in
the program



Family rights and responsibilities

While in treatment at the Family Treatment Program, you have the **RIGHT to:**

1. Know why you are in the program, how long you'll stay, and what your treatment plan includes,
2. Participate in developing your treatment,
3. Remove yourself from the program at any time,
4. Know that there will be complete confidentiality in any communication with you or from you,
5. Have family and friend visits you while you are in the program,
6. Know that you can arrange the treatment home to be comfortable for your family,
7. Have time to yourself,
8. Practice your religion, culture, or spiritual beliefs.

While participating in the program, you are **RESPONSIBLE to:**

1. Respect the rules and expectations of the program,
2. Talk openly & honestly about any concerns that may arise,
3. Be responsible for the way you act, work on your problems with help from staff,
4. Be respectful of yourself, staff, other program participants, and property.

WELCOME

to the Family Treatment Program (FTP)

Covered in this book are:

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We are here for you.

Welcome! While all families are unique, we want you to know you are not alone! There are many families currently in various stages of our program – from just beginning, like you, to being back in their homes but still receiving support from us through the after-care services.

We understand that relocating to a new home, and often a new city, to seek the support you need is a significant step. We commend you for your strength in taking this important leap. This booklet will help you prepare to begin our program.

Foremost you should know - we will always respect your privacy. Each family in our program has their own treatment home, with their own keys. Staff is available 24/7 for on-call support, but will only come by at scheduled times unless they are asked by you to visit.

We are not funded by any government agency. Our referrals come from many sources.

Everyone's time in the program is unique to their own specific needs and treatment will look a little different for everyone, but there are some basic things everyone has in common. You will participate in both group and individual therapy, but there will be plenty of time for your own activities of choice.

Staff will provide you with transportation for things like groceries once per week, but will also be teaching you how to navigate the city on your own to access other services you may require.

We wish you the best on your treatment journey and want to assure you that we will be with you every step of the way to ensure your success in our unique programming.

A bit of history

Ranch Ehrlo Society is a non-profit organization which operates group living, clinical, community, and educational programs across Saskatchewan. The family program was created to improve family safety, family functioning, and child well-being so families can remain together safely.

Program guidelines

Please note that, as mentioned previously, not everyone's time in the program will look the same. This list is only intended as a general guide - specific guidelines are individualized to treatment goals and may be different from family-to-family.

- Your privacy will be respected.
- No pets are allowed in treatment homes.
- No smoking allowed inside the FTP treatment home.
- Alcohol and drugs are not permitted in the treatment homes.
- Friends or non-immediate family members are permitted to visit but may only spend the night(s) with permission from your treatment therapist. This is mainly to ensure that your focus remains on your own family, but is also for safety reasons.
- While you are here, the program is your job. However, we realize that in some cases, you may wish to work to help financially support your family during your time in the program. One parent must always remain in the home, but in some cases, the second parent may work outside the home.
- Staff is available 24/7 for on-call support - no matter the time of day or night, if you are having an issue you need help resolving, someone will be available to support you.
- We will make every attempt to find the therapist that is the best fit for you.



Housing

The family treatment homes are located in various residential areas in Regina and Moose Jaw. All houses are fully furnished including TVs. There is no cable, long distance phone service, or Internet access but these services can be hooked up and paid for by you if required. Parents should bring any personal hygiene items they require, as well as clothing and any other personalized items for a comfortable stay.

You will be responsible for the cleanliness and upkeep of your house including things such as taking out the garbage and recycling. If you are unable to maintain the home to the program expectations, staff will help you manage this.

This is your home during treatment so feel free to make it your family's own. Your privacy will be respected.

Houses in the Glencairn neighbourhood



About the neighbourhood

Glencairn and Glencairn Village are located in the Dewdney East region of Regina and is one of Regina's largest neighbourhoods by area and population. Glencairn Village real estate combine post-war style housing and multi-family dwellings. This family friendly community has seven elementary schools and one high school. It's also home to several neighbourhood-level parks and one zone-level park serving the ball and soccer communities.

Houses in the Al Ritchie neighbourhood



About the neighbourhood

This neighbourhood hub is made up of the Core Ritchie Neighbourhood Centre, Prince of Wales Library, Al Ritchie Wellness Centre, Al Ritchie Community Association, Al Ritchie Arena, tennis courts, a boarded skating rink and the accessible playground and spray park. Nearby schools include Cochrane High School, Arcola Community School and St. Dominic Savio Elementary. The closest grocery stores are Dad's Organic Market, India Food Centre, and Safeway Victoria Square.

Houses in Eastview



About the neighbourhood

Eastview is in Regina's northeast. It's a little neighbourhood, less than one square kilometre, nestled in a mainly industrial area. This neighbourhood offers mainly three bedroom and two bedroom homes.

Houses in the Coronation Park neighbourhood



About the neighbourhood

Coronation Park is a mature, post war neighbourhood developed during the 1950s and 1960s. Nearby schools include St. Peter Elementary School, Mironuck Elsie Community School, and Thom Collegiate. The closest grocery stores are Safeway Regent Park, Crawford's No Frills, and Canada Safeway Ltd. Nearby coffee shops include Starbucks. Nearby restaurants include Regent Family Restaurant, Tim's Kitchen and Lee's Chop Suey North.

Northeast Regina



About the neighbourhood

The neighbourhood has three elementary schools, as well as a diverse commercial area and a light industrial area.

Dieppe



About the neighbourhood

The Dieppe neighborhood is in the west part of Regina and includes A.E. Wilson park and Wascana Creek meanders through the area. Residents and visitors enjoy multiple walking paths, bridges, play structures, a ball diamond, basketball court and an outdoor rink, which all provide recreational opportunities to the area.

Lakeview



About the neighbourhood

Lakeview is a mixed neighbourhood in the southend of Regina. It is bordered by Wascana Creek to the north, Lewvan Drive to the west, Albert Street to the east, and 25th avenue to the south. It is one of Regina's older neighbourhoods, and is known for its attractive mix of parks and mature, tree-lined streets.

Prairie View



About the neighbourhood

Prairie View is a family-oriented area situated in the central northwest sector of the city between Ring Road on the north and the CN railyards to the south. Prairie View is exemplified by its relaxed atmosphere. There are about 10 parks nearby for residents to explore and they are very well-distributed, making it easy to reach them.

Houses in the Dewdney East neighbourhood



About the neighbourhood

Dewdney East offers a calm ambience. Parks are easy to reach since there are approximately 20 of them close by for residents to relax in. The noise levels in this area are also very low, as the streets are very tranquil.

Moose Jaw expansion

In 2019, the Family Treatment Program expanded to the neighbouring communities of Moose Jaw and has four homes for families and a separate staffing component.

Moose Jaw is the fourth largest city in Saskatchewan and close to Regina on the Trans-Canada Highway. It is known for its underground tunnels, mineral spa, Mae Wilson Performing Arts Theatre, and is home of the Royal Canadian Air Force pilot training and the CF Snowbirds. Colourful murals showing scenes from the city's history adorn buildings downtown.



Staff's homebase

Ph: 306-751-9800

Fx: 306-751-2909

The family program has staff that will work with your family throughout your time in the program. We will use input from you to tailor our visits to meet the needs of your family. The FTP office is located at 2221 Cornwall Street on the fifth floor in Regina.

About our staff

Staff in the program are experts in their fields and highly trained. All of our therapists are required to host a bachelor degree in social work, psychology, or related field. Our therapists maintain registration with their professional bodies to which they are accountable.

All of our employees receive five-day core training from experts on family preservation and reunification services. They also receive ongoing training in areas of clinical and therapeutic strategies and attend ongoing in-services to remain up-to-date on issues regarding addictions, domestic violence, and mental health.

All staff are required to complete courses in Therapeutic Crisis Intervention for Families (TCIF), CPR/First Aid, Applied Suicide Intervention Skills Training, Risk Assessments, and Motivational Interviewing.

Type of staff you will meet

Our staff is made up of the following: **family therapists** who provide counselling in child development, effective parenting, mood management skills, communication, assertiveness, and problem solving methods to help your family reach its goals; **family treatment leaders and family treatment workers** who teach families basic life skills, such as how to use the transportation system, budgeting, making childcare arrangements, and how to use other agencies for support; **childcare assistants**, and **administrative support**. We also have an **educational liaison** to assist with successful school placements and supporting children and families in the educational domain. The next few pages will list the different type of staff you will meet in the program and how they will help you and your family.

Administration team



Executive Director
Patti



Program Director
Jordan



Supervisor of Admin
Diana



Program Admin
Debbie (Oluwatosin)

Family treatment staff **Team A**



**Program Manager
Dawn**



**Family Treatment
Leader
Mark**



**Family Therapist
Chris**



**Family Therapist
Ryan**



**Family Therapist
Theerie**



**Family Therapist Aide
Amanda**



**Family Treatment
Worker
Felix**



**Family Treatment
Worker
Dona**



**Family Treatment
Worker
Leo**



**Family Treatment
Worker
Nik**



**Family Treatment
Worker
Justus**



**Family Treatment
Worker
Tallis**



**Family Treatment
Worker
Sentilla**



**Family Treatment
Worker
Emily**



**Family Treatment
Worker
Katie**



**Family Treatment
Worker
Mofasshal**



**Family Treatment
Worker
Nyabani**



**Family Treatment
Worker
Nehel**



**Family Treatment
Worker
Tobi**



**Family Treatment
Worker
Marleen**



**Family Treatment
Worker
Skyler**

Family treatment staffTeam B



**Program Manager
Brett**



**Family Treatment
Leader
Leo**



**Family Therapist
Hailey**



**Family Therapist
Jane**



**Family Therapist
Sasha**



**Family Therapist Aide
Amanda**



**Family Treatment
Worker
Brianna**



**Family Treatment
Worker
Chris**



**Family Treatment
Worker
Hailey**



**Family Treatment
Worker
Jewel**



**Family Treatment
Worker
Mackenzie**



**Family Treatment
Worker
Catalina (Tina)**



**Family Treatment
Worker
Josée**



**Family Treatment
Worker
Zack**



**Family Treatment
Worker
Lexi**



**Family Treatment
Worker
Jill**



**Family Treatment
Worker
Nadira**



**Family Treatment
Worker
Yasmine**



**Family Treatment
Worker
Rori**



**Family Treatment
Worker
Marissa**



**Family Treatment
Worker
Sam**



**Family Treatment
Worker
Bennet**

Family treatment staff Team C



**Program Manager
Matt**



**Family Treatment
Leader
Martha**



**Family Therapist
Braydon**



**Family Therapist
Kloie**



**Family Therapist
Shruti**



**Family Therapist
Victoria**



**Family Therapist Aide
Amanda**



**Family Treatment
Worker
Cathy**



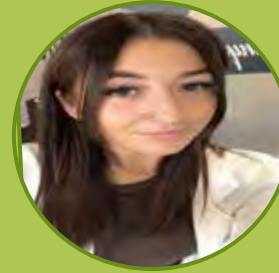
**Family Treatment
Worker
Erin**



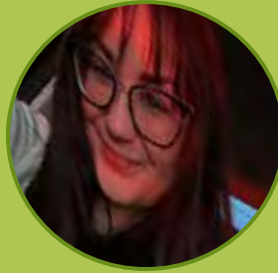
**Family Treatment
Worker
Montana**



**Family Treatment
Worker
Martine**



**Family Treatment
Worker
Brooklyn**



**Family Treatment
Worker
Megan**



**Family Treatment
Worker
Terri**



**Family Treatment
Worker
Mercy**



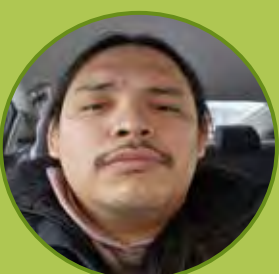
**Family Treatment
Worker
Sierra**



**Family Treatment
Worker
Gloria**



**Family Treatment
Worker
Violet**



**Family Treatment
Worker
Regan**



Family treatment staffTeam Moose Jaw



Program Manager
Deena



Family Therapist
Shannon



Family Treatment Worker
Taylor



Family Treatment Worker
Marcia



Family Treatment Worker
Marie



Family Treatment Worker
Joel



Early Childhood Educator
Eghonghon



Early Childhood Educator
Ellena



Early Childhood Educator
Sarynn



Family Treatment Worker
Brooke



Early Childhood Educator
Rye

Family treatment support staff



Program Coordinator
Keetha



Groceries Coordinator
Sandra



Educational Liaison
Brett



Early Childhood Educator
Rodelyn



Early Childhood Educator
Meaghen



Early Childhood Educator
Haylee



Early Childhood Educator
Will

When you should expect staff in your home

We will always respect your privacy. Staff is available 24/7 for on-call support, but will only come by at scheduled times unless they are asked by you to visit.

Therapists will visit four to six times a week, based on your family's needs. They will help you develop tools and techniques to help your family succeed. This is also a time to discuss parenting skills or any concerns you have, or goals you want to achieve.

Family Treatment Workers will also be in your home daily, helping you with day-to-day needs. The day-to-day needs will be discussed in-depth on the next few pages. The remainder of the time you will be in the home alone with your family. You will have your own downtime to schedule activities that you like and to learn about the community.



Treatment format

We work with you on developing your personal treatment plan to ensure that all members in your family are safe, while working toward living together in your own homes and communities. This will guide the treatment for your family. It can be changed if need be to meet the demands of your family.

The treatment format will look similar to this:

- Therapists or staff will be at your home in the morning or afternoon to support routines or complete tasks (e.g. grocery shopping). Some of this support for parents will occur while your children are at school. This is also a time to discuss parenting skills or any concerns you have, or goals you want to achieve.
- Staff will complete visits in the evenings to work on skills with your family (anger management, communication, problem solving). Families will take part in community activities and family fun activities in the evenings as well, such as participation in Ehrlo Sport Venture league nights (basketball, football, soccer, and hockey) available to families throughout the year.
- Once per week you will meet with other adults in the program for a parents' group to hear from one another and support one another.
- Once per week there is a parents' education course to attend.
- Once per week there will be a family meeting in the evening for staff and all of your family members to review the week, the treatment, and plan for the upcoming week.
- Your family will attend case conferences with your referring worker and attend individual or family counselling as needed.
- You may be one of the families to attend recovery group, horse therapy, music therapy, beading groups, or the support group on a weekly basis as part of the treatment process.
- We offer resources like psychological assessments through Ranch Ehrlo and we will connect you to community resources if your family requires for additional needs, including help for family members on the autism spectrum.

** Rides to meetings available if required.*

**We know that your family – and your children – are your top priority. During sessions, we encourage you to bring your children (non-school age) – they will be able to relax and play in our brightly lit, exciting space supervised by our highly trained and engaged staff while you are focusing on getting the most out of your weekly sessions!*

Cultural programming

We believe the culture of our youth and families needs to be celebrated and by honouring their culture, families grow closer together. We access community resources to assist families in participating in several different cultural traditions, ceremonies, and services. These may include:



- **Sweats**
- **Elder services - counselling, parenting, storytelling, beading, prayers, blessings, education, smudging**
- **Tipi building and education**
- **Hand games**
- **Church and spiritual groups**
- **Cultural parenting groups**
- **Ranch Ehrlo Powwow Group (Thursdays)**
- **Language classes**
- **Cultural games**
- **Cultural cuisine**
- **On the land experiences**



Our values

These values are our absolute belief regarding how our program functions and how we do our work in the family program. The values are adapted from the Institute for Family Development.

- It is best for children to be raised by their own family whenever possible.
- Safety is our highest priority.
- Reducing barriers to services improves family outcomes.
- Family members are our colleagues and partners.
- Providing information and teaching skills empowers families to become self-sufficient.
- We cannot predict which situations are most amenable to change.
- It is our job to motivate families and instill hope.
- All people have the ability to change.
- A crisis is an opportunity for change.
- We respect families for their diverse culture, ethnicity, and religious beliefs.
- Family members do not usually intend to harm one another.
- People are doing the best they can.
- Inappropriate intervention can do harm.

We are guided by the CARE model which is a multi-level program aimed at improving services for children, youth, and families in care. Based on the six guiding principles below, the CARE model is designed to significantly influence the way professionals work with children.

developmentally
focused

family involved

relationship based

trauma informed

competence centred

ecologically oriented



Weekly group session descriptions

Healing does not happen in isolation. Connection is key. As a result we believe in bringing families together for learning. The FTP has many different groups offered at various times during the year. These groups are focused on recovery from addictions and trauma, parenting, equine (horse) therapy, music therapy, grief and loss, healthy relationship, and bonding and attachment. While you are in programming childcare is provided.

Summer camp descriptions

Summer family camp

Summer camps provide families an opportunity to work together and stay together during a camping experience. You will work with your family and other families to make meals, plan activities, and have fun together.

Summer horse camp

These camps give you an opportunity to grow the skills you have learned throughout the year and to continue to work on skills that you have learned with regards to personal life goals and parenting. At these camps parents come out to do a session every day for a week with their children and our horses. The families are given tasks to work together as a functioning unit in a fun learning environment around the horses as their teachers.

Therapeutic summer sports camp

This camp is all about having fun, connecting with your family and friends, as well as learning and developing some new skills. Don't worry, even if you don't think that you are athletic there will be coaches there to support and encourage you along the way.

Therapeutic summer art camp

The camp is great way to connect with your family, learn creative ways to express yourself, develop healthy coping strategies for stress, and strengthen your communication through expressive art, dance, and singing.

We recognize that a family's needs are diverse and we may not always have a group specific to what your family requires. In these cases, we will work with you to connect with community supports and services specific to what you need.



Parent support group

Day-to-day needs

Childcare

While you attend groups throughout the week your children are cared for by our experienced childcare staff and family program staff in our childcare room. There is a variety of toys, crafts, and snacks available for children in all stages of development.

The staff prompt the children on their use of manners, social skills like sharing with other children, and appropriate behaviours.

Personal needs

We will also help with job coaching - including help with your resume and interview skills, job placement, community programming, and with medical and dental needs for you and your family. We can help you get drivers licences if needed and help connect you to local agencies for additional services (AA, women's counselling, childcare).

We will teach you and your family how to use the bus system in Regina and we will take you to community events and appointments - including school meetings, psychiatric appointments, and case conferences.

Shopping for groceries

If you live in our program homes, staff will take you for groceries once a week on your assigned day. Staff are available for assistance during grocery shopping if you have questions about budgeting or healthy food choices, or to support you in managing children who are shopping with you.

During these weekly shopping trips you will be able to purchase food for the week, any household items you may need (like toilet paper and floor cleaner) and a few hygiene items for your family (hand soap, shampoo). A weekly budget will be provided for you but it is up to you to remain within these limits. If you go over on your budget, you must be prepared that you will have less budget to work with the following week, or you will need to cover the cost.

*** Please note: FTP does not cover the costs of baby items (diapers, wipes, formula), clothing, feminine hygiene products or any personal items for the adults in the home (cigarettes).*

Former family in the program



Former family in the program



Straight talk

What other families had to say about the program

"I have learned a lot in the short period of time that I've attended the program, through the resources they've provided, talking to participants in the program, and listening to participants in the program."

David

"It's the most support I've ever had. I don't even know how to thank these people."

Daryl

"We are learning lots – how to control behaviours, temper tantrums, how to do more family activities and have fun and enjoyment."

Songgirl

"I was tentative at first, but it's good, I enjoy it. It's helping me be a better person. My son pretty much ran the show before we came."

Monti

"I'm learning a lot about my kids. My relationship with them has gotten a lot better. We're closer now."

Carrie

"When I met with Patti (program's director) I was afraid. I asked her, 'What if I fail? What if I can't do for the kids what they deserve or need from their mom?'"

Raylene (now reunited with her kids)

Letter from a parent who went through the program

Hello,
Let me take this time to
Share a bit of my experience Stay
in the Ranch Ehrlo Family Treatment Program.
I am a mother of 6 children
I have participated in the program
for a whole year.
Within that time frame i have had
Some inner recognition and Parental
teaching.
I was very scared and confused the
first few months i was here with my
family. The more i stayed and also the
more i attended the groups the program
workers provided also helped me.
Don't be afraid and "Never" think you are
alone. Family treatment workers are here
for support.
In no time within your stay you will feel
this program is a part of your family.
Good luck to you and your families.

Felicia.



Ranch Ehrlo Society

For further information contact:

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