

Ranch Ehrlo Society
youth handbook



Ranch Ehrlo Society

Welcome!

This booklet will tell you about your stay at the Ranch. We will all work together to make sure that your stay with us is successful. If you have questions please ask your caseworker, unit manager, teacher, or any other staff.

We would like to acknowledge that our campuses are on the traditional lands, referred to as Treaty 4 and Treaty 6 Territories and the homeland of the Métis Nation. We pay our respect to the First Nations and Métis ancestors of these places and reaffirm our relationship with one another.

A bit of background

We deliver a wide range of treatment, mental health, and developmental services across Saskatchewan.

Our services are not just for youth, we also have programs for families, adults and youth with developmental disabilities, and a wide range of community services for people in need.

We have campuses near Pilot Butte, outside of Saskatoon, and Prince Albert. We also have houses in Regina and Prince Albert.

The Ranch is always looking for ways to make things better, and is always willing to start new programs when they are needed. We really want to hear your ideas.



Buckland campus, outside of Prince Albert

Our mission

To provide quality preventative and restorative services to, and advocacy for, vulnerable individuals and families through highly engaged and professional employees.

Our vision

We envision communities where all individuals and families achieve their full potential.

We are guided by the CARE model which is a program aimed at improving services for children and youth in care.

Your treatment at the Ranch will be based on the six guiding principles: developmentally focused, family involved, relationship based, trauma informed, competence centred, and ecologically oriented. You will learn more about CARE later on in this guide.



What is it like at the Ranch?

Our youth group living program combines a safe place to live with caring staff. You will have your own room and a secure place to keep your belongings. Our houses are staffed 24 hours a day with:

- a houseparent, who will make you delicious food
- a unit manager, who makes sure the house runs smoothly
- youth care workers and leaders, who help with daily activities
- caseworkers, who help you address the issues that brought you here

Our staff are good people who are safe to be around and genuinely want to help you. All Ranch staff receive training on a regular basis and are trained in first aid and in ways to help when youth are in crisis.



Corman Park campus, outside of Saskatoon

We work hard to build meaningful relationships with you and treat you with dignity and respect. While you are at the Ranch, all your physical needs will be met: plenty of good food, clothes, allowance, and you will have access to medical services. You are encouraged to keep the customs, beliefs, and practices that make up your culture.

Treatment at the Ranch is many things, including education, problem solving, recreation, work, and counselling.

Education



Schaller school

You may have had trouble in school before you came to the Ranch. We know that everyone learns in different ways. Our teachers are trained to find out the best way for you to learn. An individualized education plan will be developed just for you.

Most youth who come to the Ranch will start school at one of our schools on one of our three campuses (Schaller Education Centre, Ellen Gunn Education Centre, or Hansen Education Centre). These schools are designed to prepare you for future school placements.

The Ranch also operates classrooms which provide you with opportunities to join mainstream classes. You will be placed in a classroom according to your age and learning abilities.

A variety of vocational learning opportunities are provided to you including supported employment training, life skills, and technical training.

Work

Work placements at the Ranch vary, depending upon your age and your skills. Work may be doing some household chores, like drying dishes or sweeping the floor. For others, work may be a paid part-time job.

Recreation

Recreational programs such as tobogganing, floor hockey, camping, or a trip to the beach, are all part of your treatment program. They help you develop healthy relationships with staff and other youth in the program.

We also do group learning activities in the evening such as:

- Crafts and art workshops
- Gym night
- Ranch Ehrlo powwow, drumming and singing club
- Horse care and riding program
- Special Olympics
- Sports and activity programs
- Art-based services



Counselling

While you are at the Ranch, therapeutic services are offered in all environments, meeting your care needs, and identified reasons as to why you are here. It is important to talk or write about your thoughts, feelings, and behaviours. This can be a creative, fun, and collaborative process and is offered through the following treatment services:

- groups/circle time/journaling
- one-on-one talks with a staff
- case work
- IT (intensive therapy)
- goal setting and goal reviews



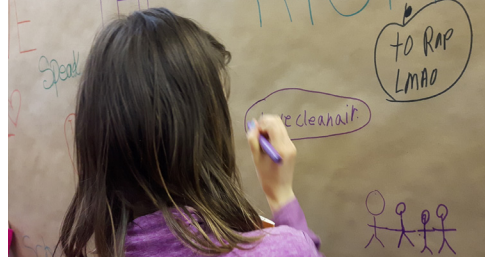
Problem solving

While you are living at the Ranch there may be times when you feel like acting out. This is when problem solving skills will help. If this occurs the staff that you are with will try to help you make a better choice by:

- talking with you
- doing an activity

- helping you find a safe place
- engaging you in a preferred coping activity

If you are feeling unsafe, your staff will stay close to you until you are feeling safe again.



Keeping you safe

We believe that you are responsible for your behaviour. But we understand that it can be hard to keep all your emotions and thoughts under control at all times. If something happens where you are hurting yourself or others, we may use a physical intervention whereby we would hold you with the maximum amount of caring and minimum amount of force required to keep yourself and others safe. This would be done by a trained staff member only when all other de-escalation techniques have failed and your safety and/or the safety of others is at imminent risk.

If this does happen, it won't be a secret. We will talk about it with you, your family, and worker and we encourage you to talk about it as well. While safety is important sometimes you or the staff may be hurt during an escort or restraint. If this happens please tell another adult right away so that they can help you.

You have a voice

There are a number of ways that you can have input into what happens at the Ranch while you live here.

Youth surveys

At least twice a year youth will be interviewed privately. This will be an opportunity to share your thoughts about living at the Ranch.



Youth council

There are three youth councils at the Ranch: Pilot Butte/Regina, Buckland/PA, and Corman Park.

These councils meet to plan activities, give feedback, and to suggest improvements that will make your stay at the Ranch even better.

Each group home will elect up to two people to represent their home on their respective youth council.



We want you to be happy. What if you're not?

Most complaints can be solved by talking and problem-solving with staff. We also have a Grievance Policy that will be explained to you when you move to the Ranch. Whichever option you take with your complaints, we will work with you to resolve it.

If you feel that we have not dealt with your complaint, you are encouraged to talk to the Saskatchewan Advocate for Children & Youth. Their job is to make sure that your rights and interests while at the Ranch are not being violated in any way.

1-800-322-7221
Saskatchewan Advocate for
Children & Youth

Confidentiality

Being at the Ranch is nothing to be embarrassed about but during your stay at the Ranch, a lot of information will be shared. We make sure that this information is protected.

Information about you is sometimes shared with other professionals so that we can better help you. Reports are also shared with your worker so they can make sure that you are doing well.

Sometimes, criminal offenses and threats of harm to yourself or others must be shared. You will be told if this happens.

Your file

When you come to the Ranch, a file is opened and updated so you receive the best treatment possible. Only staff can see the file. If you want to look at your file, we can arrange that. If there is information in the file that you believe is wrong you can ask that it be corrected. When you leave the Ranch, your file will be closed and secured.

Pictures and/or videos

If pictures or videos are taken of you, they can't be shown outside of the Ranch without the permission of you, your parent/guardian, or your worker.

Medical information

While you live at Ranch Ehrlo we will take care of you and make sure all your medical needs are met.

You will only be given medication prescribed by a professional. It is important to take your medication responsibly and we are here to help you if needed. You may ask questions and your caseworker will explain your medical treatment to you. You have the right to refuse medication. Speak with your caseworker and your doctor about changing your medications if you have concerns.

Family involvement

One of the main goals of treatment is for you to return to your community as soon as possible. We will work with you and your family to make this happen.

We know that keeping in contact with your family is very important and we can make arrangements for your

family to stay at our family home - McNamara house or even in a local hotel. If you live too far away from your family to visit, we can work to find other relatives who live closer and arrange visits with them.



Our family house, McNamara

Home and family visits

Holidays and weekend visits are arranged throughout the year as part of your service plan, to a max of 10 home visits a year. These visits are great ways for you and your family to practice the new skills you have learned. If you live too far away to visit on a regular basis, we can work together to find other relatives who live closer and arrange visits with them.

Communication with family

Each house has a computer and most have tablets too for you to video conference with family under supervision. The telephone is available to you. You are also encouraged to use social media to connect with your family in a positive way.

Family events/annual events

You and your family are encouraged to attend workshops, family days, and family camps so that you can have fun together. The Ranch also holds major events throughout the year. Some of these

activities are the holiday gatherings, Awards Night, our powwow, and the Three-Mile Race. Your family is invited to these events.



Planning conferences

Quarterly planning and three-way conferences are really important. We will work with you and your family to go over how you are doing in your program. Together we will plan the next steps of your treatment, and look at possible future living arrangements.

Your rights

You have the following rights:



The right to know why you have been placed at the Ranch, how long you will be staying and the programs that you will be involved in during your stay.

The right to ask about the plans and decisions if you feel that they are not right for you.



The right to know that what you say is confidential, except for information that we must tell others to keep you safe. The worker that referred you will be told about things that have seriously affected you and may affect other members of your family. We want everyone who stays at the Ranch to be safe.

The right to have good food, clothing, shelter, and medical services.

The right to refuse to participate in parts of the treatment services they are not comfortable with and to refuse to take medication.

The right to visit your family in your group home or in another place that is agreed upon, possibly with one of your workers, unless visiting would be harmful.

The right to accept or refuse visits from your family or loved ones.

The right to use and have a safe place to keep your personal items unless these things could hurt you or others.

The right to have privacy, except when there is reason to believe that you are doing something that would hurt you, is against the law, or is dangerous to you or the others living or working in the home.

The right to send and receive mail and social media messages, except to and from those people who are not good for you.

The right to earn and spend money (within the rules of the Ranch).



The right to express your religious or spiritual beliefs.

The right to use your personal electronic device in positive ways.

Your responsibilities

While living at the Ranch you will have the following responsibilities:

Learning the expectations of the Ranch and living with these rules.

Accepting responsibility for your behaviour and trying to work out problems with the help of the staff.

Developing healthier behaviours for problem solving.

Living a substance-free life.

Fostering healthy relationships with peers.

Ensuring nothing harmful comes into your group home.





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