



IITAKAMOTSIPIOHSOPI RECOVERY COMMUNITY



THE IMPACT OF ADDICTION ON FAMILIES

The impact of Addiction on family is recognized by the BTIRC. We understand it is a shared journey for both the client and family where substance abuse disorders are involved. BTIRC is inclusive of family involvement and assisting to recognize the negative influence over emotional, relational, financial and health-related challenges. Awareness will create positive action moving forward in supporting everyone involved.



EMOTIONAL STRAIN

The members of a family with a loved one in active addiction experience many emotions. The emotions experiences are:

- **Stress & Anxiety**

The uncertainty of addiction causes ongoing worry and anxiety regarding the safety and well-being of loved ones.

- **Anger & Frustration**

Feelings of anger and frustration can stem from continuous broken promises, deceit, and the detrimental behaviors linked to addictions.

- **Sadness & Grief**

Families often mourn the person they lost to addiction, experiencing deep sadness and a significant sense of loss..

- **Shame & Guilt**

Family members may experience feelings of shame regarding a loved one's addiction, alongside guilt for their inability to prevent or manage the situation.

HEALTH CONCERNS

The stress of supporting a loved one with addiction can negatively impact the health of family members.

- **Neglect of Self-care**

Family Members often prioritize the needs of their loved ones over their own health, which can result in both physical and mental health issues for themselves.

- **Chronic Stress**

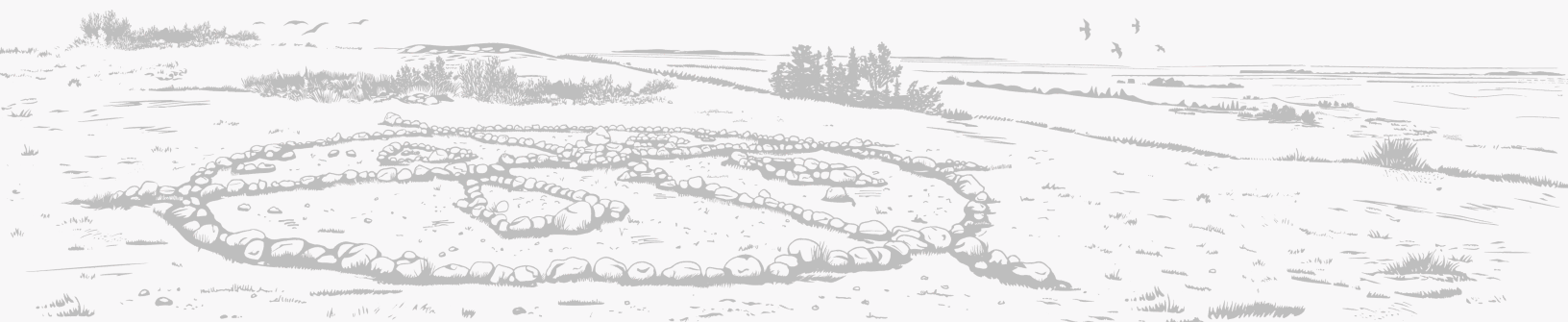
Prolonged stress is linked to serious health issues, including high blood pressure, heart disease, and a compromised immune system.

- **Mental Health Issues**

Family members affected by addiction often experience anxiety, depression and other mental health issues.

- **Substance use**

The stress and emotional pain may cause some family members to cope with substances.





RELATIONSHIP TENSION

Emotional strain and stress on the family can occur due to addiction:

- **Trust Issues**

Addiction often creates broken trust from continued dishonesty and secretive actions by the active user. Regaining trust may take time and be hard to establish.

- **Communication Breakdown**

Addiction breaks down positive communication as family members may have difficulty in coping and understanding the process. Misunderstanding, arguing and distancing yourself emotionally may result.

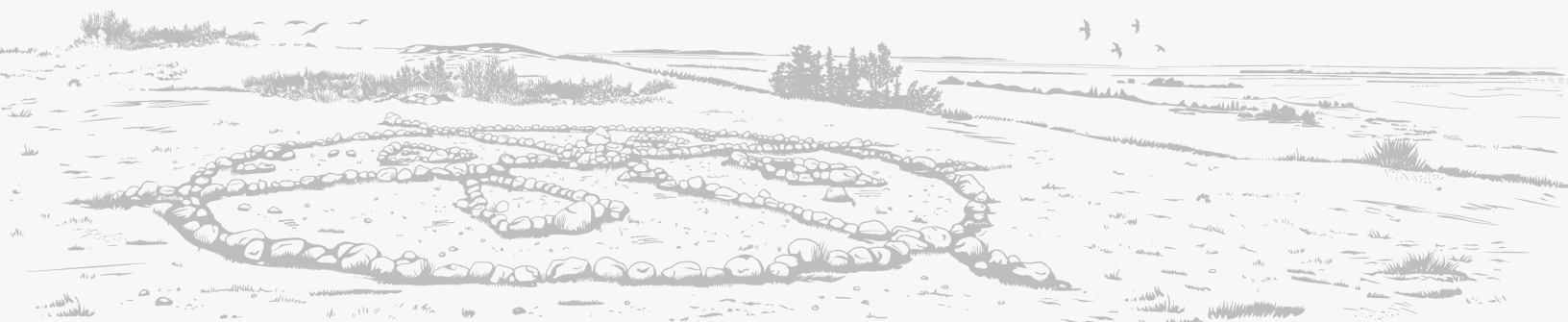
- **Conflict & Resentment**

Addiction-related stress often causes conflicts and resentment, worsening family relationships.

- **Role Changes**

Family roles often change, with children taking on more duties or a spouse becoming the main caregiver.

FAMILIES DEALING WITH ADDICTION OFTEN FACE EMOTIONAL, PHYSICAL, AND RELATIONAL STRESS THAT REQUIRES ADDITIONAL SUPPORT. IT IS VITAL FOR THEM TO ADDRESS THESE CHALLENGES THROUGH OPEN COMMUNICATION AND BY UTILIZING AVAILABLE SUPPORT RESOURCES



SUPPORTING A LOVED ONE IN ADDICTION TO GET HELP

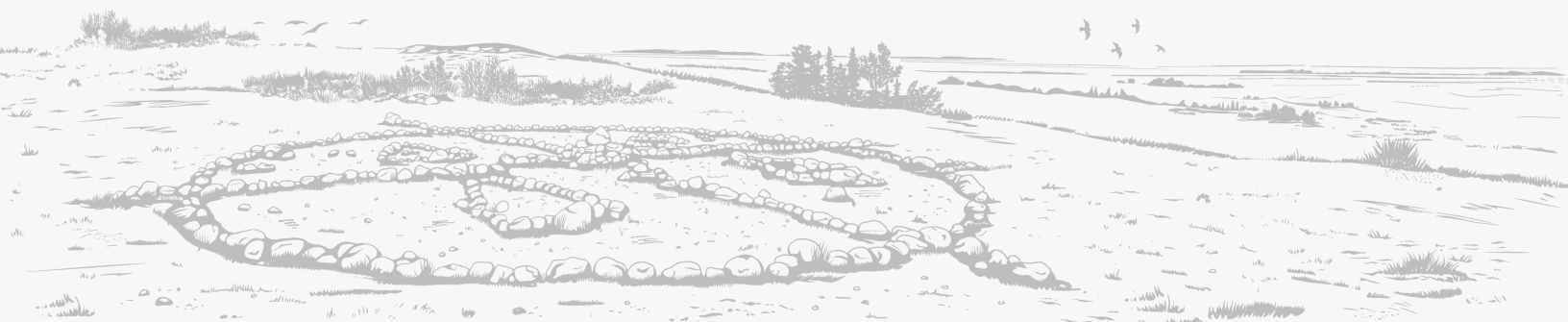
Addiction can be difficult, but your support plays a crucial role in their recovery. Here are some steps you can take to encourage your loved one to seek help:

- Communicate with empathy and without judgement.
- Educate yourself about addiction and its challenges.
- Offer consistent emotional support and reassurance.
- Encourage professional treatment options and accompany them if possible.
- Set healthy boundaries to protect both your well-being and theirs.
- Connect them with support groups and resources.
- Be patient, as recovery is often a gradual process.

KNOW WHEN IT'S TIME TO SEEK PROFESSIONAL ADVICE.

When speaking with a loved one about their well-being, express your concern with compassion and without judgement. Use “I” statements like “ I am worried about your health” to avoid sounding accusatory. Allow them space to share their feelings and listen attentively without interrupting or judging. Show empathy throughout the conversation.

Seeking guidance from addiction specialists, counsellors, or support groups can help you approach the situation effectively and encourage treatment. If needed, consider organizing a professional-led intervention to support your loved one in getting help.





SELF-CARE

TAKING SELF-CARE STEPS FOR YOURSELF

Caring for a loved one with addiction can be stressful and overwhelming. It's crucial to take care of yourself:

Seek Support

Joining support groups and connecting with others who are going through similar experiences can provide comfort, advice, and understanding. You may also wish to seek individual counselling to process your emotions and develop coping strategies.

Practice Self-Care

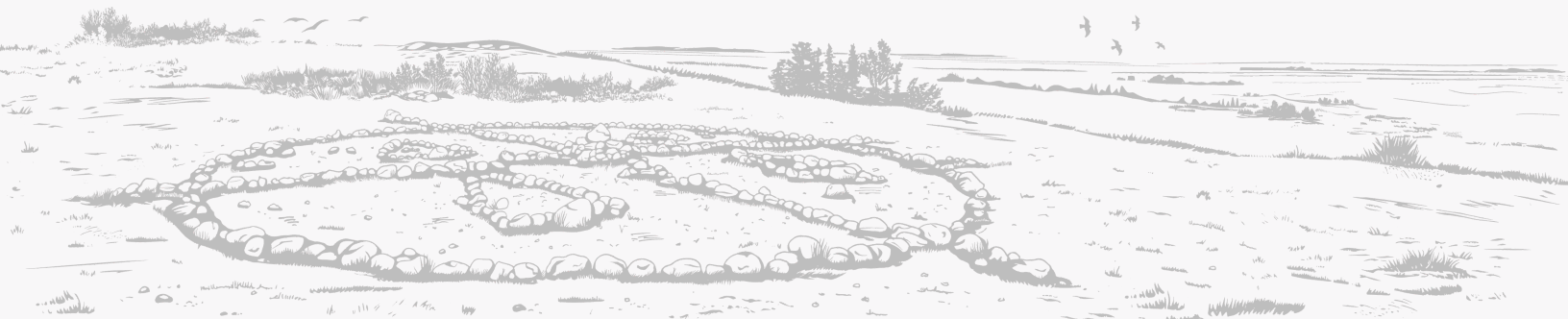
Dedicating time to activities you enjoy and getting regular exercise can help to reduce stress and improve your mood and overall well-being. Practice mindfulness, meditation, or yoga to help maintain mental and emotional balance.

Stay Healthy

Ensure you are eating nutritious meals to keep your energy levels up and getting enough rest to help manage stress and maintain health. Regular health check-ups can also help detect and manage stress-related health issues early.

Set Realistic Expectations

Be patient. It's important to understand that recovery is a long and sometimes difficult process with ups and downs. Try to keep a positive outlook and celebrate small milestones and achievements in the recovery process.



CRISIS SUPPORT

BLOOD TRIBE POLICE SERVICE

Emergency Call 911
(403) 737-3800 Complaint Line
(403) 737-8800 Administration
(403) 737-2867 Fax
(403) 737-8814 Victim Services
(800)-222-TIPS (8477) Crime Stoppers
(403) 737-8808 Tips
Website: www.bloodtribepolice.com

CRISIS INTERVENTION: WELLNESS PROGRAM-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Crisis Intervention Unit works closely with the Blood Tribe Police, Social Services and Emergency Services and will respond to incidents of overdoses, family violence, suicide and cases of sudden death. Referral to services are also provided.

Phone: 403-737-3883

Website: www.btdh.ca

EMERGENCY SERVICES: BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Blood Tribe Department of Health Emergency Services provides a safe, professional and courteous team that strives to exceed the community's expectations and our organization. WE are dedicated to protecting life, property and the environment by providing emergency response and community education. Prevent, Protect, Preserve and Respect.

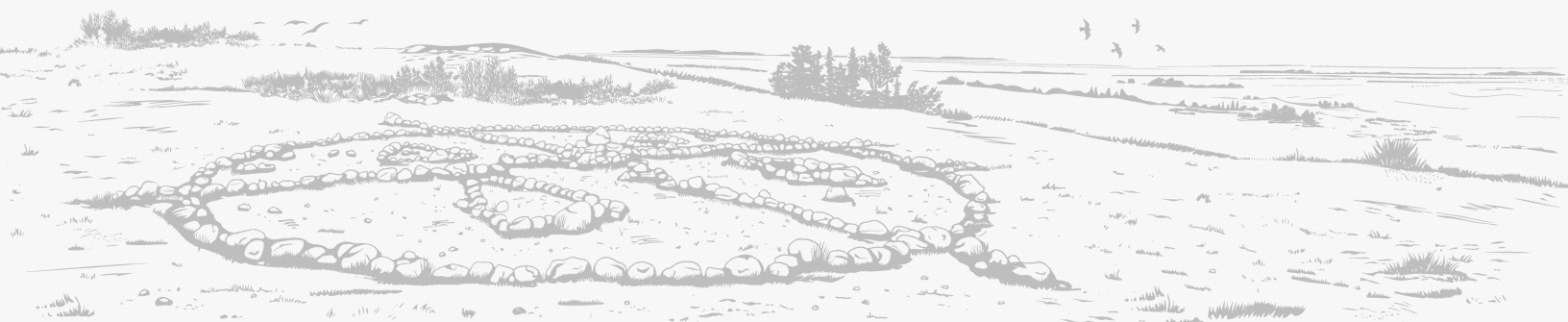
Phone: 403-737-8649

Website: www.btdh.ca

INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM: 24 HOURS CRISIS SUPPORT

The Indian Residential Schools Resolution Health Support Program was established as part of the 2006 Indian Residential School Settlement Agreement. It provides cultural and emotional support, and mental health counselling services to Survivors of Indian Residential Schools and the families of former students.

Phone: 1-866-925-4419



FAMILY SUPPORT

MENTAL HEALTH PROGRAM AND SERVICES: WELLNESS PROGRAM-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

Mental Health services include individual, couple and family counselling sessions. Workshops can be provided on mental health disorders, relationships, financial issues and coping skills. Access to a registered Psychologist is available, on-site, to any community member.

Phone: 403-737-3883

Website: www.btdh.ca

NNADAP: WELLNESS PROGRAM-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

NNADAP provides one to one, and family counselling, and referral services. This program also assists in all areas of client's physical, mental and spiritual health. Group activities to promote community engagement include social gatherings such as sober walks, sobriety camps and round dances. Additional resources include a youth addictions worker and our knowledgeable Elders.

Phone: 403-737-3883

Website: www.btdh.ca

BRINGING THE SPIRIT HOME-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Bringing the Spirit Home (BTSH) program provides hope for those who are fighting drug and/or alcohol addiction. Alongside a team of medical professionals, paramedics, counsellors, peer support workers and elders, the client's path to recovery is carefully monitored based on their individual needs. Every effort will be made to remove barriers to accessing services.

Phone: 403-737-8600

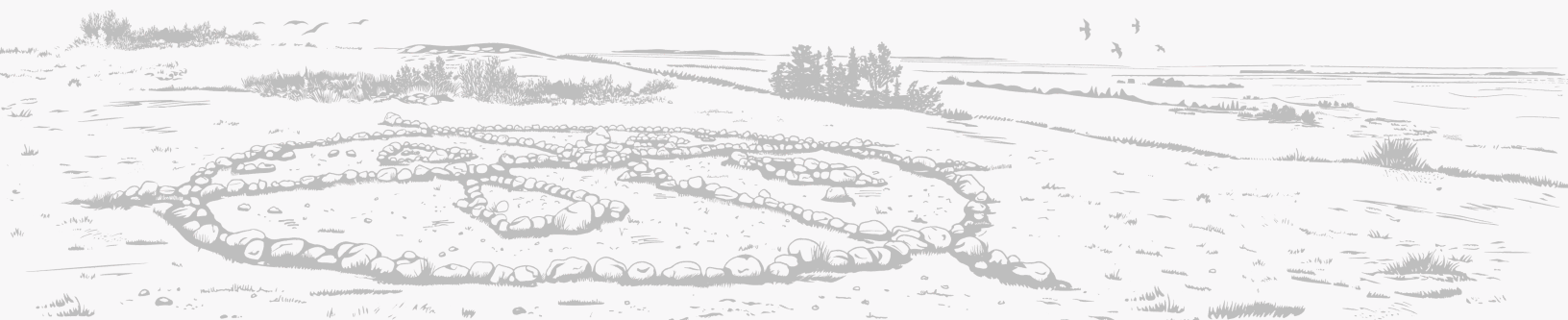
Website: www.btdh.ca

LETHBRIDGE WELLNESS SHELTER & STABILIZATION UNIT-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Lethbridge Shelter and Stabilization Unit (LWS-SU) is a program under the Blood Tribe Department of Health (BTDH). The LWS-SU acknowledges Matpiai akaipoyi (the People have spoken), and vows to stand strong and resilient in the face of substance use disorder and supports all people who come to the Wellness Shelter and Stabilization Unit seeking safe, non-judgmental, and holistic care.

Phone: 587-612-5356

Website: www.btdh.ca



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COMMUNITY HEALTH-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

Our Community Health Team provides Health Promotion, Disease Prevention, & Health Protection services for the Blood Tribe Community.

Phone: 403-737-3933

Website: www.btdh.ca

HOME CARE-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Blood Tribe Department of Health Home Care program offers services to help Blood Tribe Community members with daily living activities and medical needs. This type of care is typically aimed at individuals who require assistance due to age, illness, disability, or recovery from surgery.

Phone: 403-737-2040

Website: www.btdh.ca

LAVERNE CLINIC-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

Walk-in Addictions Clinics – Hours: Wednesday – 8:30 a.m. to 4:30 p.m. Treat patients with Methadone, Suboxone and Kadian. On-site addictions and mental health counselors available for 'walk-ins' and 'by appointment'.

Phone: 403-737-8610

Website: www.btdh.ca

NON INSURED HEALTH BENEFITS-BLOOD TRIBE DEPARTMENT OF HEALTH INC.

The Non-Insured Health Benefits (NIHB) program is a National/Federal Government program that provides medically-necessary coverage to eligible First Nations and Inuit clients for a LIMITED range of benefits and services that are not covered through other social programs, private insurance plans, or provincial/territorial health insurance plans.

Phone: 403-737-3888

Website: www.btdh.ca

KAINAI WOMEN'S WELLNESS LODGE

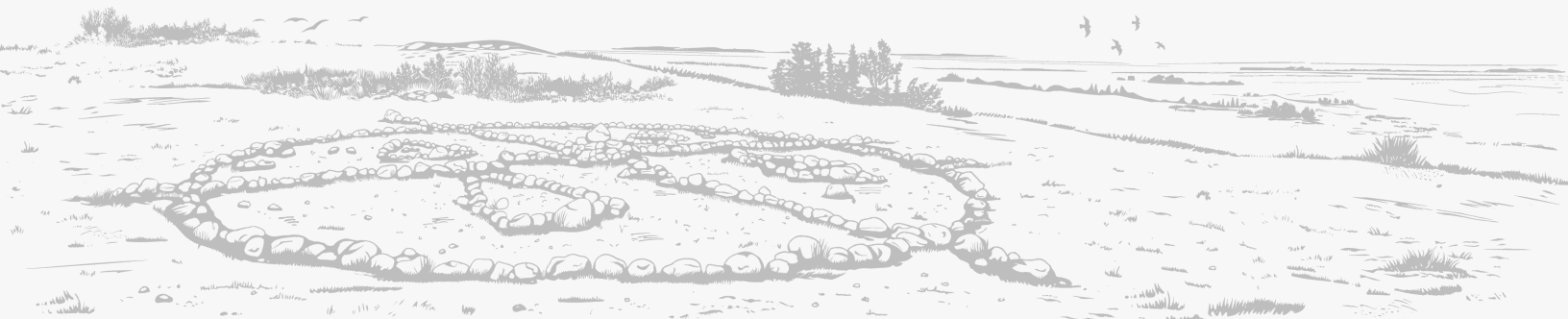
To provide a safe and secure environment, crisis intervention and support to women and children. (7 days a week, 24-hours a day, 365 days a year)

Phone: 403-653-3946

KAINAI VICTIMS SERVICES UNIT

Assist those who have suffered violent crimes, trauma, tragedy and misfortune.

Phone: 403-737-8814



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BLOOD TRIBE SAFE HOUSE ASSESSMENT

The Centre is based on a traditional & spiritual perspective thus utilizing the four components of holistic wellbeing of FN children (11-17 years) awaiting placement and/or reunification with family/ find a welcoming & nurturing environment.

Phone: 403-942-2525

KAINAI YOUTH WELLNESS CENTRE

Blood Tribe Youth Wellness Centre provide holistic best practice for youths.

Phone: 403-653-1678

BLOOD TRIBE DRUG HARM REDUCTION PROJECT

Spirit of Hope Community House #729 – Standoff. Standoff Community NA Every Wednesday @ 5:00pm

Phone: 403-737-8737

Peer to Peer Support. Needle Exchange Program – Sharps Container can be picked up and dropped off for an incentive. We encourage the community to take part in this program.

Phone: 403-737-2119 or 403-382-0902

KAINAI TRANSITION CENTRE SOCIETY

Bridges from Care to Home is a 22 bed, six-month residential aftercare program.

Phone: 403-737-2666

KAINAI HEALING LODGE

KHLC offers an 8-week continuous co-ed program based on Blackfoot traditional teachings.

Phone: 403-737-3757 or 1-888-737-3757



ALBERTA-BASED RESOURCES FOR SUPPORTING A LOVED ONE

ADDICTION HELPLINE

Alberta Health Services Addiction Helpline: A 24/7 confidential service providing support, information, and referrals to people experiencing addiction.

Phone: 1-866-332-2322

SUPPORT GROUPS

Al-Anon Family Groups: Support groups for families and friends of individuals with alcoholism. Meetings are available throughout Alberta, offering a space to share experiences and support each other.

Website: www.aa.org

PARENTS EMPOWERING PARENTS

Parents Empowering Parents (PEP) Society supports and educates families dealing with the effects of substance abuse in youth and adult children. PEP's focus is empowering families and caregivers of a loved one struggling with substance use or addiction to step into health and recovery.

Website: www.pepsociety.ca

Family Support Line: 1-877-991-2737

NAR-ANON FAMILY GROUPS

Support groups for families and friends of individuals with drug addiction. Meetings are held in various locations across Alberta.

Website: www.nar-anon.org

MYHEALTH.ALBERTA.CA

A comprehensive resource for health information, including addiction and mental health.

Website: www.myhealth.alberta.ca

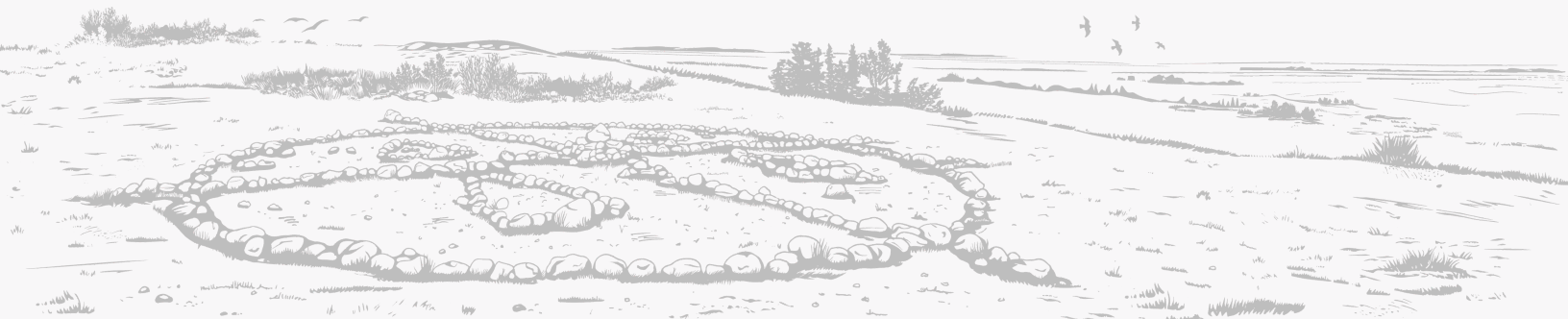
ID CLINIC INFO: AHS ID PROGRAM

Chinook Regional Hospital Address: #2K154, 960- 19th St. S.

Hours: Wednesday 8 AM – 12 PM and Thursday 8 AM – 12 PM

E-mail: AHSIDProgram@ahs.ca

Phone: 403-330-8150



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ADDICTION SERVICES (CARDSTON PROVINCIAL BUILDING)

Phone: 403-653-5283

Address: 2nd floor – 144 2 Street W, Cardston, AB.

Addiction Services – Youth Counselling 576 Main Street, Cardston, AB.

Phone: 403-653-5240

Access Addiction & Mental Health – Central Access and Triage Telephone/Web Access Only

Online – Search: Access Addiction & Mental Health

Tollfree: 1-888-594-0211 (Intake)

KIDS HELP PHONE

Provides counselling and support for children and youth, which can be helpful if a young family member is affected by a loved one's addiction.

Phone: 1-800-668-6868

Website: www.kidshelpphone.ca

CASA CHILD, ADOLESCENT AND FAMILY MENTAL HEALTH

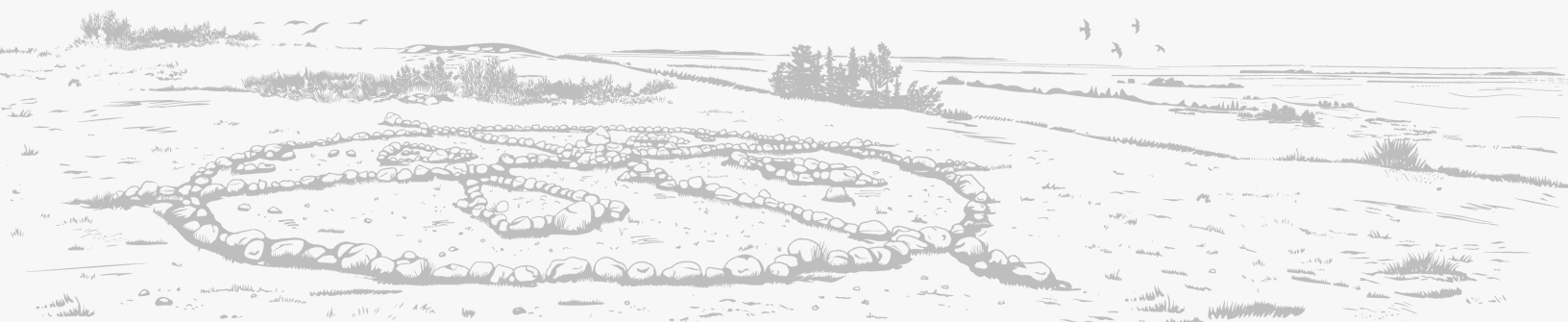
Provides mental health services for children, adolescents, and their families. Website:

www.casaservices.org

ADDITIONAL RECOMMENDED RESOURCES

For additional resources www.hazelden.org is a great place to start. Recommended reading for those with family & friends in on their recovery journey.

1. A Guide for the Family of the Alcoholic
2. Boundaries for Codependents
3. Detaching with Love



PROGRAM OUTLINE

KEY ASPECTS

Recovery Community Model

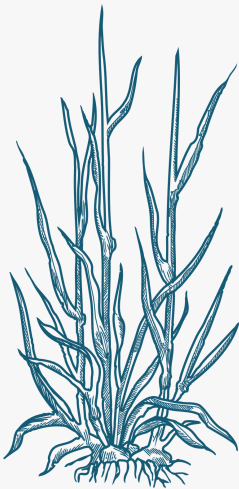


The Kaamotaan-Recovery model of addiction treatment integrates three components of “how addiction is defined and what it entails”, “the process of recovery” and “community living” contexts to address the complexities of addiction, which often stem from historical trauma and spiritual disconnect. Central aspects of this model include:

- Community as Method: connection to the earth and community.
- Kaamotaan: Transformational healing is emphasized through the incorporation of cultural practices and ceremonies, promoting recovery by fostering a relationship with one’s spirit.

MEETING NEEDS

Responsive Programming



Before the 4 components are used to aid on the recovery journey

- how addiction is defined and what it entails
- the process of recovery (De Leon et al., 2015) or Kaamotaan
- community living
- “community as method”

Ensuring traditional cultural knowledge and ceremonies are embedded in the Blood Tribe litakamotsiipiohsopi Recovery Community model will safeguard how we approach the transformational healing needed, and assist in the ceremonial methodologies of “coming to know” one’s spirit; or becoming connected and aligned to one’s spirit.

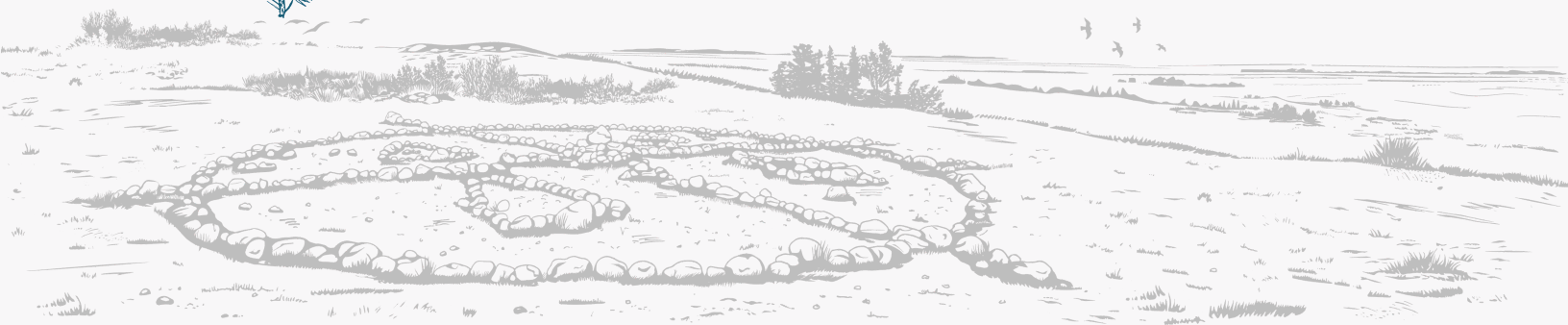
The typical program duration at BTIRC ranges from 4 to 6 months. During this time, residents engage in a structured series of phases, each with specific goals and outcomes designed to support their recovery journey.

WORK AS THERAPY

Community In Practice Program



The program focuses on daily job assignments for residents to build teamwork, emotional skills, and responsibility, aiding in their recovery. Tasks like maintenance, meal prep, and administrative work connect them to the community and boost self-esteem. As residents advance, they mentor newcomers, which supports their own growth. The initiative also promotes traditional values such as humility, honesty, and compassion, encouraging holistic living and reducing antisocial behaviors through active participation and personal development.



PHASE BASED APPROACH

Phase 1 Introduction to Healing

Emphasis for residents to stabilize physically, emotionally, psychologically and acclimate to new community environment.

- Intake Process
- Program Orientation
- Chores assigned
- Addiction counsellor/Therapist assigned
- Initiate and maintain engagement in the litakamotsiipiohsopi
- Assessment
- Treatment Planning

Phase 3 Nipaitapiiyssinni: A way of life

Residents to establish value on responsibility, accountability, structure, participation, safety in the environment, and education/job training.

- Siksikaitsitapi Nitaistammatsokoyi as Therapy
- Holistic Living
- Vocational / Educational Support
- Individual – Specific Community Transition Planning

Phase 2 Primary Treatment

Smooth transition into phase 2 providing an intensive part of the treatment process. Client engaged in various therapeutic activities.

- Group Therapy
- Individual Counselling
- Psychoeducational lectures
- Adjunct Therapies ie mindfulness techniques, nutritional therapy, exercise and cultural practices
- Initiate and maintain engagement in the litakamotsiipiohsopi
- Assessment
- Treatment Planning

Contributing to maintaining treatment motivation, recovery management, a change in thinking, feeling and behaviour, and the practice of prosocial living.

Phase 4 Community Transition & Continuing Care

Transition Planning based on client's assessments and progress relative to individual treatment plan. Coordination of safe transportation, housing and support services in the resident's home community.

- Up to 60 days
- Community re-integration
- Comprehensive continuing care plan



A DAY IN THE LIFE AT IITAKAMOTSIPIOHSOPI

Medical Care

- BTIRC provides medical care on site. Healthcare Providers will administer all prescribed medications. All doctor prescribed medication(s), administration and doses cannot be altered.
- A dental hygienist is on site monthly
- BTIRC will provide transport if possible for any off-site medical requirements while the person is in our care.

Meals & Snacks

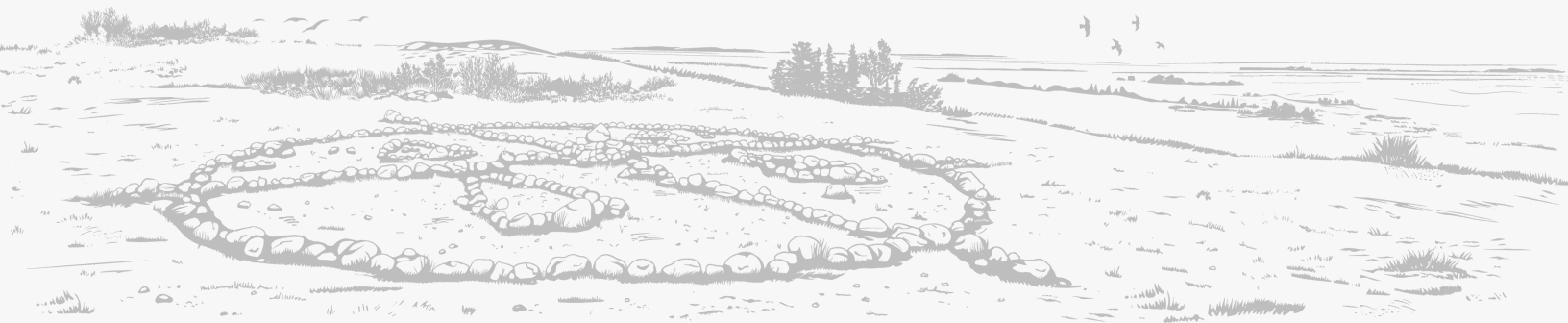
- High quality food service is available and ready for all of our residents. All food is made from scratch.
- 3 full meals, breakfast, lunch and dinner are served on the daily, plus snacks and access to the BTIRC store on site, run by Blood Tribe Iitakamotsiipiohsopi Recovery Community.
- The BTIRC store consists of snacks, trinket items, merchandise and more.
- The store uses pre-loaded gift cards for the residents to use while they're in our care. These cards can be loaded throughout their stay at BTIRC.

Visitations & Outside connection

- Visiting times are allowed and promoted once the individual has moved passed their Orientation phase. These visits must be scheduled in advance of showing up.
- Outside visitors are not allowed on site at any other time, unless provided permission by a BTIRC staff.
- Our residents are allowed to use their cell phones during their stay at BTIRC. The first week they are in our care, there is a blackout period.
- Cell phones are a privilege provided to our residents but use of them can be removed if it's seen as a treatment interfering behaviour. Our residents have specific times they can access their cell phones for business purposes only and those times are supervised by BTIRC staff.

Legal Matters

- Blood Tribe Iitakamotsiipiohsopi Recovery Community will provide our residents the time and resources to ensure they are dealing with any legal matters.
- Blood Tribe Iitakamotsiipiohsopi Recovery Community will support to the best of our ability.





Blood Tribe Itakamostiipiohsopi Recovery Community Contact Information:
We are all in this together, please contact us for any questions or support

Phone: 1-403-737-8509 **Email (general inquiries):** btirc@btdh.ca
Intake Email: btirc.intake@btdh.ca **Website:** btdh.ca

