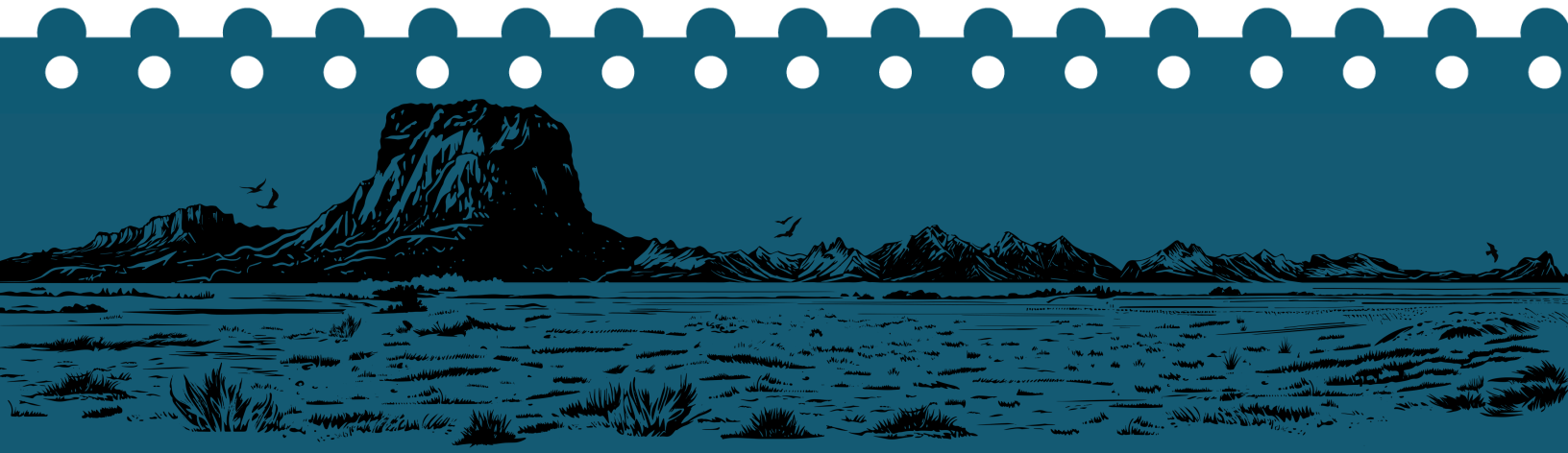




# IITAKAMOTSIPIOHSOPI RECOVERY COMMUNITY



## NEW ADMISSIONS WELCOME PACKAGE





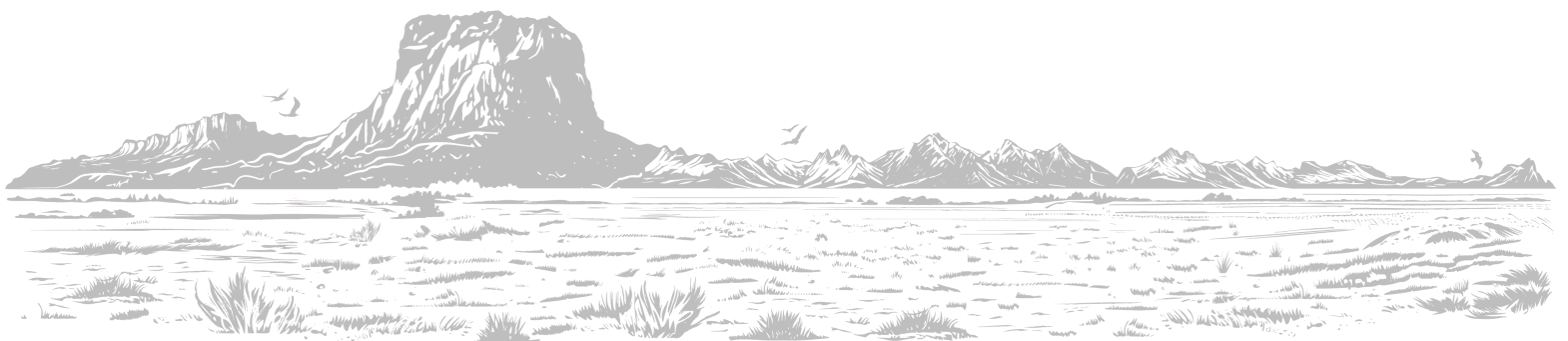
## What is litakamotsiipiohsopi?

litakamotsiipiohsopi [1] provides a safe space to reconnect the spirit guided by Ihtsipaitapiyo'pa[2], resulting in transformational healing rooted in Siksikaitsitapi Nitaistammatsokoyi[3].

## What services will be available?

Treatment at Blood Tribe litakamotsiipiohsopi Recovery Community is free for all Albertans and participants will have access to a range of services, including opioid agonist treatment medications, counselling, employment, training, cultural activities, as well as financial and housing supports.

Each client receives an individualized care plan and is assigned a peer mentor, who is in the later stages of recovery. As people progress through the stages of addiction treatment and recovery, they assume greater personal and social responsibility within the recovery community.



# New Admissions Welcome Package

Welcome to Blood Tribe litakamotsiipiohsopi Recovery Community! We are excited to support you on your journey of recovery. To help you prepare for your stay, please review this information thoroughly so you can arrive fully prepared and in compliance with our guidelines.



## What to Bring

Please limit your luggage to a maximum of 2 medium suitcases. BTIRC Store and laundry facilities are available on-site to meet all your needs. Below are items to bring:

- Clothing:
  - · Seasonal clothing appropriate for your stay
  - · Comfortable shoes and attire for daily activities
  - · Gym clothing and outdoor wear (as appropriate)
  - · Pajamas, undergarments, and slippers
- Personal Hygiene Products:
  - · BTIRC provides all essential personal hygiene products for purchase, including toothbrush, toothpaste, deodorant, body wash, etc.
  - · If you choose to bring your own products, they must be unopened and in their original packaging.
  - · All skincare, hair products, and shaving products must be alcohol-free with the only exception being cetearyl alcohol which is found in personal care products.
- Medications:
  - · Only bring medications prescribed to you in their original, pharmacy-labeled containers.
  - **All applicants must provide current Medication Administration Record, when transferring from Residential Addiction Treatment Facilities.**
  - · All restricted medications must be discussed with the Admissions Team before arrival, and alternative treatment options maybe required (see the restricted medications list below).
- Cellphones:
  - · Cellphones are allowed, but access will be limited during your stay to ensure focus on recovery. Landlines and internet access will be provided for communication with loved ones.
  - · Record important phone numbers, banking information, email login, usernames, and passwords before arrival.
  - · Ensure **two-step verifications** for accounts are turned on.



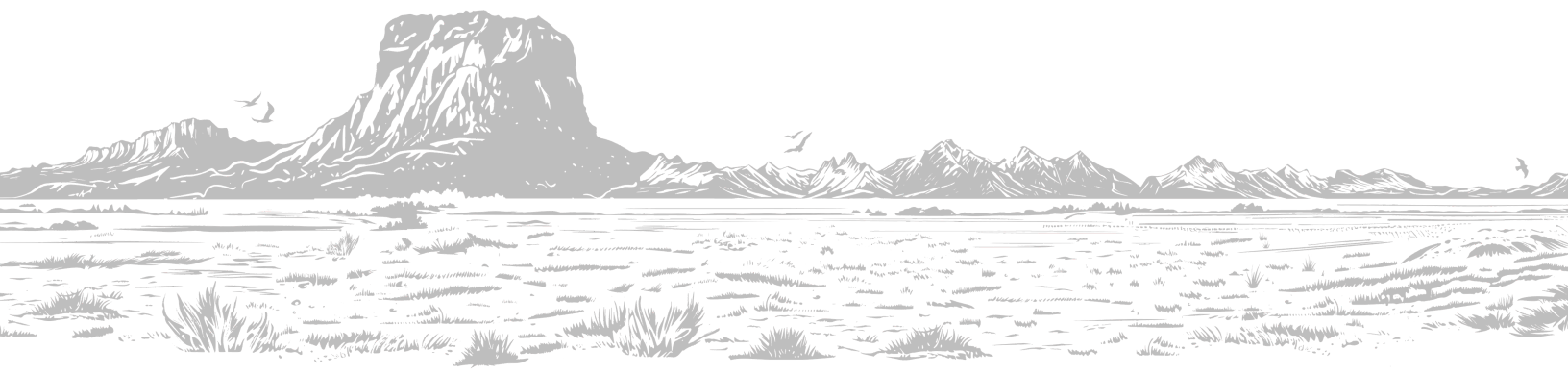
- Tobacco:
  - Cartons or unopened packages of cigarettes must be purchased prior to entrance. Cigarettes are the only acceptable tobacco product allowed on premises. BTIRC rules will apply.

## What NOT to Bring (Contraband List)

For the safety of all residents, the following items are strictly prohibited at LRC:

- Drugs (illegal or otherwise), drug paraphernalia or alcohol
- Personal hygiene products that contain alcohol (e.g., mouthwash, hand sanitizer)  
The only exception being Cetearyl alcohol.
- Unauthorized/unprescribed medications
- Supplements - Dietary, weight-loss, performance-enhancing/muscle-building (i.e., Protein powder, creatine, ephedrine, etc.)
- Unsealed tobacco products or **non-government issued** tobacco products.
- No Vapes or Vape Products of any kind.
- Firearms, ammunition, explosives, replica firearms, or laser pointers
- Weapons or sharp objects (including pocketknives)
- Safety/straight razors (only disposable/electric razors allowed)
- Flammable items (e.g., aerosol cans) or hazardous/combustible chemicals or materials
- Electronic devices (e.g., laptops, tablets, stereos, or cameras)Anything with Bluetooth,
- Wi-Fi, or Music capabilities.
- Glass containers
- Outside food or beverages (including energy drinks)
- Stolen items
- Pornographic, sexual devices, or gambling materials
- Offensive materials or any item promoting hate, violence, or addiction.
- Personal Vehicles cannot be parked/stored at IRC. We can support with arranging storage prior to your arrival.

**Note:** Upon admission and at random intervals during your stay, thorough searches of personal belongings will be conducted; any prohibited items found **will be confiscated, discarded, and reported to the BTIRC Team.**



## Medications

Medications are administered in a controlled setting by an RN or LPN. Healthcare providers cannot alter medication times or dosages. Alternative treatments may be necessary but must be approved by the BTIRC Medical Director prior to administration.

## Restricted

- Medical Marijuana (Any products containing THC or CBD)

**All other medications are currently under review.**



## Next Steps Before Arrival

### 1. Weekly Check-in

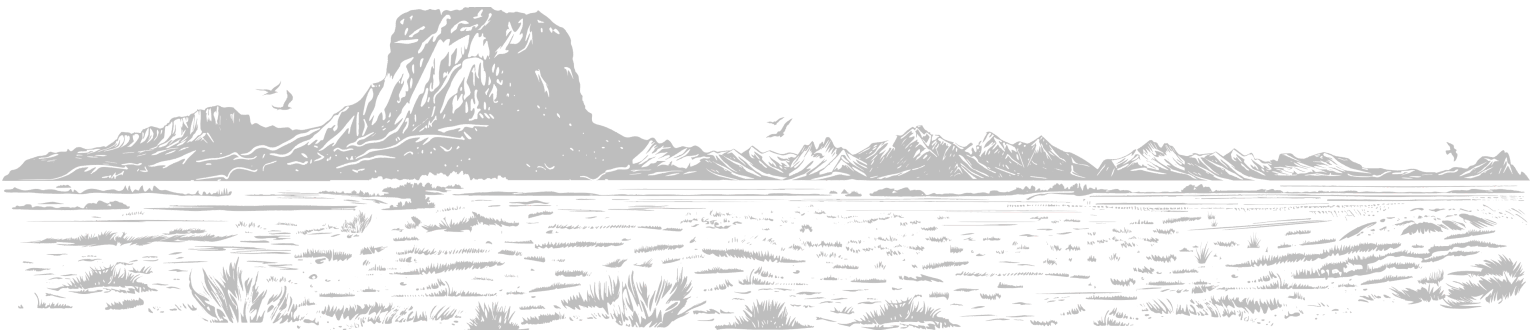
- Call **Blood Tribe Itakamotsiipiohsopi Recovery Community** to check in with intake. You must be active with intake to stay on BTIRC waitlist.
  - [www.btdh.ca](http://www.btdh.ca)
  - [btirc.intake@btdh.ca](mailto:btirc.intake@btdh.ca)
  - 403-737-8509
- If you miss 2 consecutive weeks your admission date may be withdrawn, and you will have to reapply.

### 2. Financial Wellness

- Please have all necessary financial support in place prior to admission. If you require assistance such as Alberta Income Support, AISH, medical EI, CPP benefits, or emergency prescription coverage, we encourage you to apply as soon as possible.  
**Income support:** [Income Support \(alberta.ca\)](http://IncomeSupport.alberta.ca) | 1-866-644-5135 ext. 4
- If you require identification or a bank account, please visit applicable institutions.

**Calgary Navigation Centre: 4209 Ave SE, Calgary, AB**

**Edmonton Navigation Centre: 10014 105A Ave NW, Edmonton, AB**



### **3. Provide Important Dates:**

- Please share any critical dates (e.g., medical appointments, court hearings) with the BTIRC Admissions team before your admissions date.
- Your recovery is our top priority at BTIRC. To focus fully on your treatment, we encourage residents to reschedule any non-essential appointments (medical, legal, personal) until after your stay. If you have essential appointments or events that cannot be postponed, such as court dates or urgent medical matters, inform the BTIRC Admissions team before your admission date so we can accommodate your needs without disrupting your recovery programming.

### **4. Admission Confirmation:**

- Our admissions team will connect with you 24 hours prior to your admission date to confirm your arrival.



## **Program Overview**

### **Phase 1**

#### **Introduction to Healing**

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

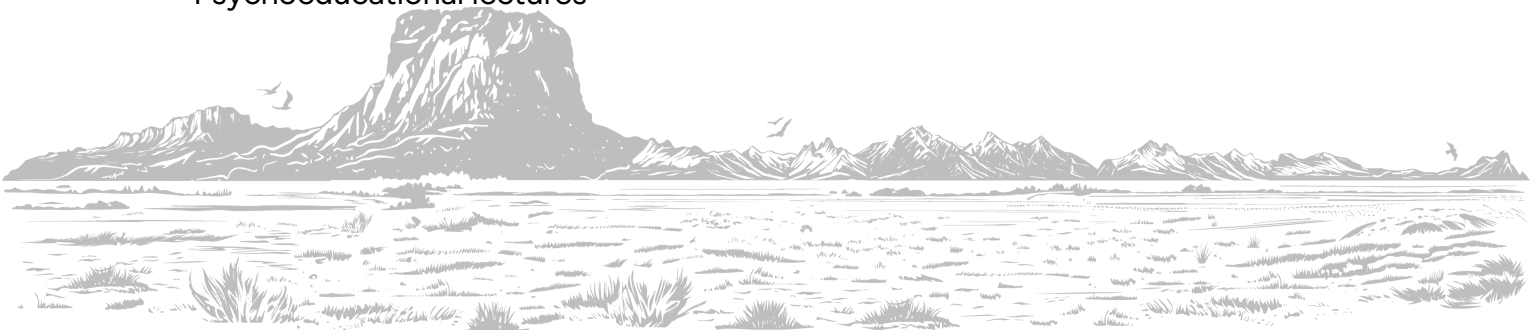
- Intake Process
- Program Orientation
- Chores assigned
- Addiction counsellor/Therapist assigned
- Initiate and maintain engagement in the litakamotsiipiohsopi
- Assessment
- Treatment Planning

### **Phase 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



# Important Information

## Spirit of Honesty

- At litakamotsiipiohsopi, we prioritize the safety and well-being of our community. We reserve the right to deny admission if you are deemed medically, physically, or psychologically unfit, or if you pose a risk to yourself or others. Please be honest with our admissions team during the waitlist process, and we will work with you to ensure you have access to any necessary services, including detoxes and stabilization.

## Admissions

- Within a week of receiving your bed date, an Admissions Worker will contact you to aid in your recovery journey. It is important to stay connected to the Admissions Worker; maintaining open communication will ensure you have the guidance and encouragement needed to prepare for litakamotsiipiohsopi.



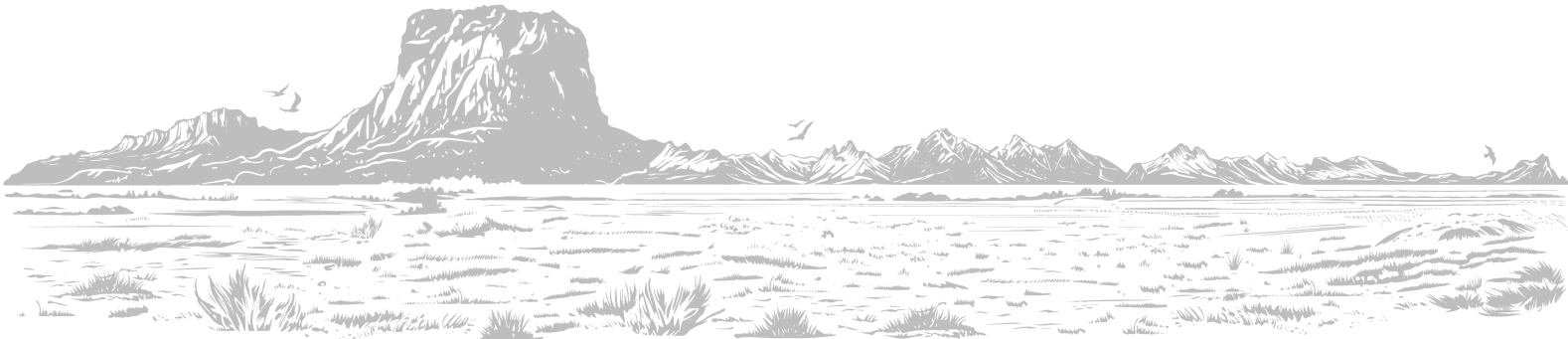
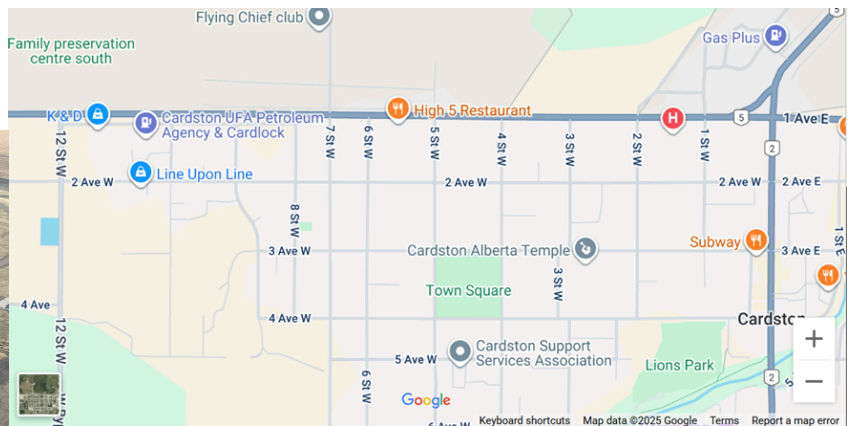
## Travel Directions

**Land Description:** SW-17-3-25-W4M (Blood Tribe)

**(North of Highway 5 - Cardston 1 Ave and West of Bypass - 12 Street)**

From Alberta:

1. Take Highway 2 South
2. Take exit onto Highway 5 West
3. Turn right across from 12th street W. Cardston, AB



# Helpful Resources

Please use tables provided to record important account information and contacts of loved ones.

ACCOUNT	USERNAME	PASSWORD

CONTACT	PHONE NUMBER	EMAIL



We look forward to welcoming you to litakamotsiipiohsopi: Blood Tribe Recovery Community and supporting you on this important chapter of your recovery journey. If you have any questions or need additional information before your arrival, please do not hesitate to reach out to us at (403) 737-8509 or email at [BTIRC@btdh.ca](mailto:BTIRC@btdh.ca)

