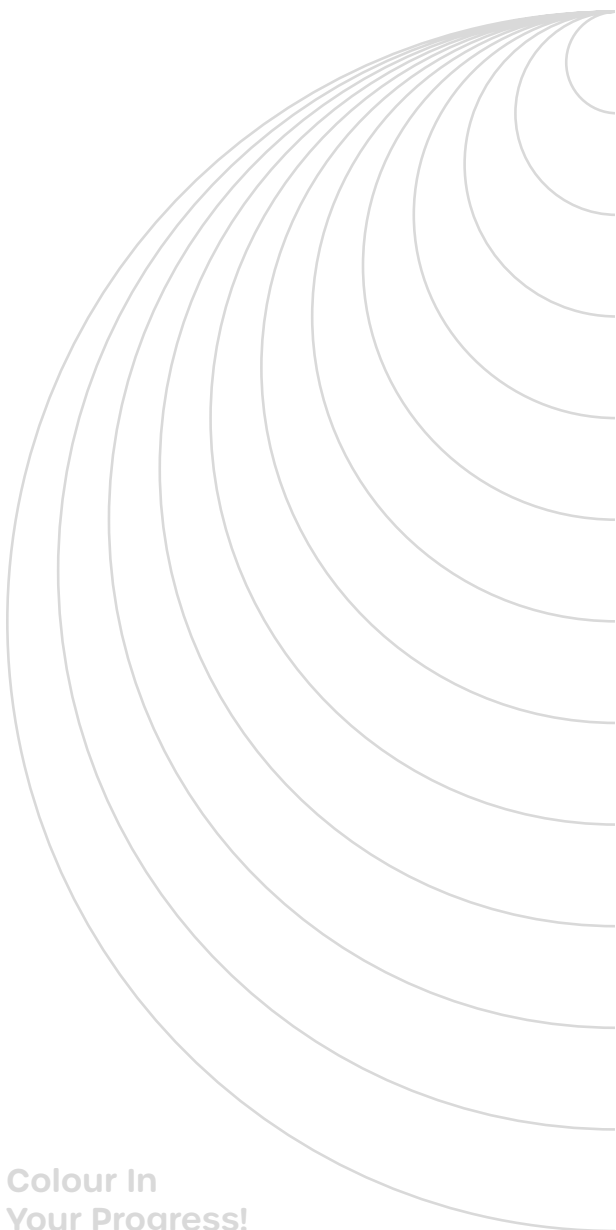


WEEKS 1 -12

Adult Program Outline



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Colour In
Your Progress!

- **Week 1 - Module 1 & 2**
Assessment & Orientation
Psychoeducation & Understanding Addiction
- **Week 2 - Nutshimit**
- **Week 3 - Module 3 & 4**
Intergenerational Trauma
Culture
- **Week 4 - Nutshimit**
- **Week 5 - Module 5 & 6**
Emotions Work
Coping Skills Development
- **Week 6 - Nutshimit**
- **Week 7 - Module 7**
Grief & Trauma
- **Week 8 - Nutshimit**
- **Week 9 - Module 10 & 11**
Harm Reduction
Life Skills & Parenting
- **Week 10 - Nutshimit**
- **Week 11 - Module 8 & 9**
Self-Care & Wellness
Transition and Aftercare Planning
- **Week 12 - Nutshimit**

MODULE 1 - UNIT 1

Assessment & Orientation

WEEK 1 - MONDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning, Belonging, Hope

HOLISTIC HEALING GOAL

- Introducing to the program and staff
- Orientation
- Rapport building
- Inform the clients of their rights and the programs expectations



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Supplies

- Client binders, Handbooks, rights and program outline
- Survival guide handout
- Welcome bags
- Journals

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Welcoming ceremony
- Sharing circle, smudge and explanation of why we smudge
- Orientation: Handing out the client binders as well as going over their rights, the client handbook and program outline

Take Home Activity

- Journal given out to be used as needed

References/Background Reading:

- Client Handbook
- Client Rights
- Program Outline

MODULE 1 - UNIT 2

Assessment & Orientation

WEEK 1 - MONDAY PM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning, Belonging, Hope

HOLISTIC HEALING GOAL

- Remind the clients of the importance of handwashing and infection prevention in a group setting
- Give some advice on staying sober during the first days of sobriety



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Supplies

- Survival guide handout
- Glogerm kit

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Glogerm kits were done with the clients
- Survival guide for the first days sober handout was given and discussed
- Went over remaining handouts that needed to be discussed

Take Home Activity

- Journal given out to be used as needed

References/Background Reading:

- Client Handbook
- Client Rights
- Program Outline
- Survival guide handout

MODULE 1 - UNIT 3

Assessment & Orientation

WEEK 1 - TUESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning, Belonging, Hope

HOLISTIC HEALING GOAL

- Learn about the medicine wheel and what it represents
- Continue building rapport



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Supplies

- Medicine Wheel handout
- Paint + Canvas for painting
- Handouts: 7 grandfather teachings and list of music about addiction and recovery

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Sharing Circle with a guest speaker from the community. She drummed for us and gave us a teaching on the drum and ribbon dresses
- Medicine Wheel handouts
- Reviewed all handouts given out
- Clients were given hats and mitts since they had none for morning walks
- Ice breaker activity: On a desert Island
- Medicine Wheel Activity: What does it mean to you?

Take Home Activity

- Journal

References/Background Reading:

MODULE 1 - UNIT 4

Assessment & Orientation

WEEK 1 - TUESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning, Belonging, Hope

HOLISTIC HEALING GOAL

- Learn about the medicine wheel and what it represents
- Continue building rapport
- Provide food so that clients can cook a meal with their family



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Supplies

- Medicine Wheel handout
- Paint + Canvas for painting
- Movie: Homefire

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Paint the medicine wheel Activity
- Had a discussion on what the clients would like for their weekly food hamper to be cooked as a family
- Watched the movie "Homefire" and had a discussion about it

Take Home Activity

- Journal

References/Background Reading:

- Home Fire - Ending the Cycle of Family Violence (youtube.com)

MODULE 1 - UNIT 5

Assessment & Orientation

WEEK 1 - WEDNESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Use an ice breaker to continue building rapport
- Complete necessary DUSI and NWA forms (will now be moved to before the program)



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Supplies

- Treatment Plan
- Ice Breaker Sheet

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Ice Breaker Handout "Give me a minute"
- Treatment Plan

Take Home Activity

- Journal

References/Background Reading:

- Home Fire - Ending the Cycle of Family Violence (youtube.com)

MODULE 2 - UNIT 1

Psychoeducation & Understanding Addiction

WEEK 1 - WEDNESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Learn about the cycle of addiction and how to break that cycle
- Learn about alcohols effect on the brain and body



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Supplies

- Handouts

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Understanding the addiction cycle YouTube video
- Alcohol and the Brain YouTube video

Take Home Activity

- Journal

References/Background Reading:

- Why do I Relapse? | The Cycle of Addiction (youtube.com)
- Alcohol Affects on brain and body (youtube.com)

MODULE 2 - UNIT 2

Psychoeducation & Understanding Addiction

WEEK 1 - THURSDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning

HOLISTIC HEALING GOAL

- Understand the cycle of addiction
- Understand how triggers & cravings impact your sobriety
- Learn about the effects of drugs



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Supplies

- Harmful effects of alcohol
- Withdrawal from alcohol
- Understanding cravings & urges
- Facts about alcohol
- Psychological symptoms

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Talked about the upcoming weekend and what that was going to look like
- Had the clients participate in planning their weekend activities
- While counsellor finished up the DUSI/ NWA, Educator & YFW did a virtues pick and discussion with the clients
- Penny Analogy activity. Discussed people were like pennies, some are dirty on the outside but we are all shiny underneath

Take Home Activity

- Journal

References/Background Reading:

- Why do I Relapse? | The Cycle of Addiction (youtube.com)
- Alcohol Affects on brain and body (youtube.com)

MODULE 2 - UNIT 3

Psychoeducation & Understanding Addiction

WEEK 1 - THURSDAY PM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning

HOLISTIC HEALING GOAL

- Understand the cycle of addiction
- Understand how triggers & cravings impact your sobriety
- Learn about the effects of drugs



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Supplies

- Harmful effects of alcohol
- Withdrawal from alcohol
- Understanding cravings & urges
- Facts about alcohol
- Psychological symptoms

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- YouTube video "Fatherhood addiction & recovery" followed by a discussion of 5 early sobriety tips
- YouTube video "The cycle of addiction" See where the clients fit in the cycle
- Youtube video "Triggers & cravings" Activity: Asked the clients what they think their triggers are and talked about ways to avoid triggers
- YouTube video "Effects of drugs"
- Discussion on why people drink and do drugs

Take Home Activity

- Journal

References/Background Reading:

- Fatherhood, addiction & recovery: ... (youtube.com)
- Why Do I Relapse? | The Cycle Of Addiction (youtube.com)
- How Triggers & Cravings Impact Addiction and Sobriety (youtube.com)
- Effects of Drugs (youtube.com)

MODULE 2 - UNIT 4

Psychoeducation & Understanding Addiction

WEEK 1 - FRIDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning

HOLISTIC HEALING GOAL

- Use genograms to see how addiction and trauma can travel through generations



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Supplies

- Markers, flip chart paper and genogram templates
- Dice and dice breaker questions

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- YouTube video "Indigenous Canadian filmmakers confront alcoholism"
- Genogram handout was completed by clients with help from staff
- Clients then drew a bigger genogram with the flip chart paper and markers
- Had a discussion on what the clients noticed about their genograms
- Played a dice breaker game where you rolled a die then answered the question corresponding to the number

Take Home Activity

- Journal

References/Background Reading:

- Indigenous Canadian filmmakers confront alcoholism, other issues in community (youtube.com)

MODULE 2 - UNIT 5

Psychoeducation & Understanding Addiction

WEEK 1 - FRIDAY PM

INDIGENOUS WELLNESS FRAMEWORK

- Purpose, Meaning

HOLISTIC HEALING GOAL

- Learn how nutrition affects addiction and vice versa
- Weekly satisfaction survey to see how clients are doing



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Supplies

- Nutrition & Addiction PowerPoint and handouts
- Satisfaction Survey

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- YouTube video "Nutrition and addiction"
- Handouts and PowerPoint presentation on nutrition
- Weekly client survey was completed

Take Home Activity

- Food hamper provided to clients
- Cook a meal with your families

References/Background Reading:

- Nutrition and Addiction ([youtube.com](https://www.youtube.com))

MODULE 7 - UNIT 1

Grief & Trauma

WEEK 7 - MONDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Mental Health Worksheets

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Addiction & Grief (YouTube video)
- Mental Health Worksheets
- Icebreaker

Take Home Activity

- Journal

References/Background Reading:

- Addiction & Grief (YouTube 6:27)
- The Connection Between Mental Health & Grief (YouTube 5:07)
- Games, Icebreakers, Crafts, Recipes

MODULE 7 - UNIT 1

Grief & Trauma

WEEK 7 - MONDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Trauma, Anxiety & Depression
- Symptoms information

Opening

- Open with a smudge, drum and reading from 12 step prayer book
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- How Trauma Impacts the Brain
- Understanding the interplay between substance use & emotions
- Trauma, Anxiety & Depression symptoms
- Innu/Inuit Timeline (guest speaker)

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- How Trauma Impacts the Brain; Reducing Stigma Around Addiction & Substance Use (YouTube 4:36)

MODULE 7 - UNIT 2

Grief & Trauma

WEEK 7 - TUESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Strategies for Coping
- Information Sheet

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Depression & Anxiety, 5 Signs you have anxious depression comorbidity video
- Strategies for managing/coping with symptoms & stressors
- Understanding Primary & Secondary Emotions video
- Icebreaker
- Movie - The Shack

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- 5 Signs You Have Anxious Depression-Comorbidity (YouTube 3:54)
- Understanding Primary & Secondary Emotions & How they can Lead to Substance Misuse (YouTube 2:51)
- Games, Icebreakers, Crafts, Recipes
- The Shack (YouTube)

MODULE 7 - UNIT 2

Grief & Trauma

WEEK 7 - TUESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Letting Go Letter

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Letting Go Letter/Activity (birchbark for writing final letter)
- The Connection Between Mental Health & Grief video
- Guest Speaker/Elder

Take Home Activity

- Journal

References/Background Reading:

- The Connection Between Mental Health & Grief (YouTube 5:07)
- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor

MODULE 7 - UNIT 2

Grief & Trauma

WEEK 7 - WEDNESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- The Mourners Bill of Rights
- Trauma - A Shattering Experience
- Helping yourself in times of grief & loss
- Families moving beyond trauma together
- Counsellors Grief Journey

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discussion around Handouts:
- Trauma - A Shattering Experience
- Traumatic Grief
- Counsellors Grief Journey
- Helping Yourself in Times of Grief & Loss
- Families Moving Beyond Grief Together
- Icebreaker

Take Home Activity

- Mental Health Worksheets
- Journal

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor
- Games, Icebreakers, Crafts, Recipes

MODULE 7 - UNIT 2

Grief & Trauma

WEEK 7 - WEDNESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Healing the wounded spirit
- Healing your wounded heart

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discussion on handouts
- Discussion around YouTube video "Being Innu"

Take Home Activity

- Journal

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor
- Being Innu (youtube.com)
- Mediation

MODULE 7 - UNIT 2

Grief & Trauma

WEEK 7 - THURSDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Grief & Depression
- Living Through Grief
- Grief & Shame (Coping & Understanding)

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discuss Living Through Grief
- Brainstorming; Grief & Depression
- Finishing Letting Go letter & discuss Burning Ceremony

Take Home Activity

- Journal

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor
- Games, Icebreakers, Crafts, Recipes

MODULE 7 - UNIT 3

Grief & Trauma

WEEK 7 - THURSDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Transforming Grief handout

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Group discussion on Grief transformation

Take Home Activity

- Mental Health Worksheets

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor

MODULE 7 - UNIT 4

Grief & Trauma

WEEK 7 - FRIDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- How to Help Grieving People

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Group discussion on how to help grieving people

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor
- Games, Icebreakers, Crafts, Recipes

MODULE 7 - UNIT 5

Grief & Trauma

WEEK 7 - FRIDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Provide individuals struggling with mental health through holistic healing
- Help individuals normalize and embrace the grief process
- Strategize to help & support coping with loss



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Supplies

- Helping Yourself After Trauma
- Helping Others After Trauma
- Warning Signs of Stress

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Discuss Handouts
- Group discussion/sharing

Take Home Activity

- Mental Health Worksheets

References/Background Reading:

- Bereavement Support Training Manual; Vincent E Macdonald, MSW RSW Counsellor

MODULE 10 - UNIT 1

Harm Reduction

WEEK 9 - MONDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Belonging

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care



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Supplies

- Indigenous Harm Reduction
- Principles & Practices
- What is Harm Reduction

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discussion on harm reduction through addiction
- Harm Reduction video
- PowerPoint A Harm Reduction Approach
- Presentation on Labrador Grenfell Health

Take Home Activity

- Journal

References/Background Reading:

- What is Harm Reduction? (Philip Morris International; YouTube 3:13)
- CJA PowerPoint

MODULE 10 - UNIT 2

Harm Reduction

WEEK 9 - MONDAY PM

INDIGENOUS WELLNESS FRAMEWORK

- Belonging

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care



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Supplies

- Harm Reduction handouts

Opening

- Open with a smudge, drum and reading from 12 step prayer book
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Guest Speaker - Harm Reduction Counsellor
- Role play around "Stigma"

Take Home Activity

- Journal

References/Background Reading:

- Indigenous Harm Reduction; First Nation Health (YouTube 6:52)

MODULE 10 - UNIT 3

Harm Reduction

WEEK 9 - TUESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

- Belonging

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care
- A Harm Reduction Approach



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Supplies

- Medicine Wheel handout
- Paint + Canvas for painting
- Handouts: 7 grandfather teachings and list of music about addiction and recovery

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discussion on the fundamentals of Indigenous self harm
- Safer sex guide/presentation
- Using STD photos to recognize symptoms

Take Home Activity

- Journal

References/Background Reading:

- Harm Reduction Fundamentals; Indigenous Harm Reduction (YouTube 6:43)
- CJA PowerPoint
- YouTube: [howcast.com](https://www.youtube.com/watch?v=howcast.com) (using STD photos)

MODULE 10 - UNIT 4

Harm Reduction

WEEK 9 - TUESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care



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Supplies

- Materials for creating a Safety Plan
- Medicine Wheel handout

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Create a Safety Plan to ensure safety in recovery
- Video
- Medicine Wheel of Self Harm

Take Home Activity

- Journal

References/Background Reading:

- Indigenous Harm Reduction, Indigenous Reduction Fundamentals CATIE (YouTube 6:43)

MODULE 10 - UNIT 5

Harm Reduction

WEEK 9 - WEDNESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care



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Supplies

- Handouts
- Mental Health Workbooks
- How to re-parent yourself
- Family Support booklet

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Icebreaker
- Mental Health Worksheets
- Video
- How to re-parent yourself: A Step by Step Guide
- Parenting Styles
- Family Support Booklet
- Discussion around handouts and a YouTube video

Take Home Activity

- Mental Health Worksheets
- Journal

References/Background Reading:

- Why Harm Reduction; National Harm Reduction Coalition (YouTube 3:16)
- Traditional Parenting (Bearpaw Media)
- 5 Parenting Styles and their effect on life

MODULE 10 - UNIT 6

Harm Reduction

WEEK 9 - WEDNESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- To reduce the use of substance through educating
- To reduce harm by engaging in care



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Supplies

- Handouts
- Harm Reduction Kits

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Discussion on video
- Explaining harm reduction kits
- Family roles
- Collecting boughs
- Circle of care in Indigenous families

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- Harm Reduction 101; Harm Reduction Approach to Substance (YouTube 2:35)

MODULE 11 - UNIT 1

Life Skills & Parenting

WEEK 9 - THURSDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Encourage healthy social engagements and activities with your children & families



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Supplies

- Genogram handout
- Family Engagement Plan handout
- Outdoor Scavenger Hunt

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Sharing our stories; Having a beautiful life in recovery video
- Exploring support systems (Genograms)
- How to develop an awesome support system
- Family Engagement
- Guest Speaker; healthy lifestyle
- Outdoor Scavenger Hunt

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- Having A Beautiful Life in Recovery (YouTube 10:59)

MODULE 11 - UNIT 2

Life Skills & Parenting

WEEK 9 - THURSDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Encourage healthy social engagements and activities with your children & families



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Supplies

- What Do I Want to Change?
- Feelings about change

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Exploring support systems (Genograms continued)
- Outdoor scavenger hunt

Take Home Activity

- Journal
- Mental Health Worksheets

References/Background Reading:

- How to Develop an Awesome Support System (YouTube 5:06)

MODULE 11 - UNIT 3

Life Skills & Parenting

WEEK 9 - FRIDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Encourage healthy social engagements and activities with your children & families



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Supplies

- Handouts

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Encourage social engagement & healthy leisure activities
- Brainstorming Session: What are some healthy activities you like to do?
- Video
- Outdoor Scavenger Hunt

Take Home Activity

- Journal
- Mental Health Worksheets



References/Background Reading:

- Resiliency; Part 6: The Role of Social Support In Recovery (YouTube 2:45)

MODULE 11 - UNIT 4

Life Skills & Parenting

WEEK 9 - FRIDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Encourage healthy social engagements and activities with your children & families



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Supplies

- My Strength & Support
- My Now List...
- Who Is Your Community?
- What's Your Style?

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Discuss Handouts
- Guest Speaker; Success Story/Journey
- Outdoor Scavenger Hunt

Take Home Activity

- Mental Health Worksheets
- Journal



References/Background Reading:

- Resiliency; Part 6: The Role of Social Support In Recovery (YouTube 2:45)
- The 7 Sacred Teachings (YouTube 8:29)

MODULE 8 - UNIT 1

Self Care & Wellness

WEEK 11 - MONDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using (ppt/story/song etc.)
- Self Care in recovery (PowerPoint)
- Self Care action plan YouTube video (5:02)
- Brainstorm session - What does Self Care look like to you?

Take Home Activity

- Journal

References/Background Reading:

- A Self Care Action Plan (youtube.com)

MODULE 8 - UNIT 2

Self Care & Wellness

WEEK 11 - MONDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Self Care Activity (facials, bath bombs, etc.)

Take Home Activity

- Journal



References/Background Reading:

MODULE 8 - UNIT 3

Self Care & Wellness

WEEK 11 - TUESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

- Aftercare Plan Handout

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- How important is an aftercare plan
YouTube video (2:46)
- Aftercare planning handout
- NWA

Take Home Activity

- Journal



References/Background Reading:

- How Important is a Strong Aftercare Plan
Fresh Out of Rehab? | A Better Today Re-
covery Services (youtube.com)

MODULE 8 - UNIT 4

Self Care & Wellness

WEEK 11 - TUESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using
- Letter to Family YouTube video (3:32)
- Letter to My Addiction YouTube video
- Letter to Self handout activity

Take Home Activity

- Journal

References/Background Reading:

- A Letter to My Family - Lasting Recovery - Judy Saalinger (youtube.com)
- Drug Addiction: My Goodbye Letter to Drugs Spoken Word by David Signal HD (youtube.com)

MODULE 8 - UNIT 5

Self Care & Wellness

WEEK 11 - WEDNESDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Guest Speaker TBA

Take Home Activity

- Journal

References/Background Reading:

MODULE 9 - UNIT 1

Aftercare Planning

WEEK 11 - WEDNESDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Brainstorming session - Community supports handout resource list
- Guest speaker

Take Home Activity

- Journal



References/Background Reading:

MODULE 9 - UNIT 2

Aftercare Planning

WEEK 11 - THURSDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from *As If I Were In Your Office*
- Explain main goals and process

Procedure

- Guest speaker

Take Home Activity

- Journal

References/Background Reading:

MODULE 9 - UNIT 3

Aftercare Planning

WEEK 11 - THURSDAY PM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using
- Module 7 unit 3
- The Medicine Wheel Activity
- Group Discussion
- Program Overview/Re-Cap

Take Home Activity

- Journal

References/Background Reading:

MODULE 9 - UNIT 4

Aftercare Planning

WEEK 11 - FRIDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Celebrate the clients completion of the program



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Using
- Celebration of Healing (Games, Activities, Snacks, etc.)
- Bingo for household items (Merchandise bingo)

Take Home Activity

- Be good to yourself



References/Background Reading:

MODULE 9 - UNIT 5

Aftercare Planning

WEEK 11 - FRIDAY AM

INDIGENOUS WELLNESS FRAMEWORK

HOLISTIC HEALING GOAL

- Celebrate the clients completion of the program



Charles J.
Andrew
Healing
Centre

Supplies

Opening

- Open with a smudge, drum and reading from As If I Were In Your Office
- Explain main goals and process

Procedure

- Tea in the tent (tea, bannock, etc.)

Take Home Activity

- Be good to yourself

References/Background Reading: