

# Our Program Model



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## Our Model

CJAY operates on a Care team model; we have two major components Nutshimit and Clinical. Our staff are the care team; each role has a different strength in providing holistic care and working within our model of addiction care. Our care model operates on a twelve-week program rotating between land-based Nutshimit and Clinical. We have many therapeutic goals that coincide with the assessment tools that we use Drug Use Screening Inventory (DUSI) & Native Wellness Assessment (NWA). We believe holistic healing comes from a combination of coordinated harm reduction, strength-based living therapies, cultural/therapies, physical and nutritional healing, and strong inner work that involves emotional expression and regulation, building coping skills, life skills and overcoming trauma and aftercare planning and support.

We hope that at the end of a 12 week stay; we have helped to give families hope, belonging, meaning, purpose, guidance, strength, encouragement, compliments, self-esteem, confidence, self-acceptance, self-love, respect, stronger decision-making, stability, tools to be able to live a healthy lifestyle.

# Program Outline

## Week 1 - Module 1: Assessment and Orientation (2 days) - Units and Activities

- Welcoming Ceremony
- Engagement and trust building activities and rapport and Connection building
- Intake assessment to understand the individual's addiction history, mental health, cultural (spiritual), emotional and physical health
- Family goal setting: Why are you here what do you want most? (Treatment Planning)
- Orientation to the program, group rights and responsibilities, and expectations
- Why do we open sessions with a cultural activity?
- Introduction to the team and available resources
- Outlining the Philosophy and Program Model (Indigenous wellness framework) IWF (physical, emotional, spiritual, mental)

## Week 1 - Module 2: Psychoeducation and Understanding Addiction (2.5 days) - Units and Activities

- Group sessions on addiction science, brain impact, and the cycle of addiction
- Education about different substances and their effects
- Nutrition and Addiction

## Week 3 - Module 3: Intergenerational Trauma (2.5 days) - Units and Activities

- Guest speaker Innu timeline (Inuit)
- "For Love" Movie

## Week 3 - Module 4: Culture (2.5 days) - Units and Activities

- An indigenous woman tells her story YouTube
- Celebrating substance abuse recovery through music YouTube
- Guest speaker indigenous
- Group discussion

## Week 5 - Module 5: Emotions Work (2.5 days) - Units and Activities

- Emotional Literacy
- Identifying personal triggers for substance use
- Developing a personalized emotional regulation plan
- Role-playing scenarios to practice refusal skills

## Week 5 - Module 6: Coping Skills Development (2.5 days) - Units and Activities

- Skill-building sessions on stress management, emotion regulation, and coping mechanisms
- Mindfulness practices to enhance self-awareness

## Week 7 - Module 7: Grief and Trauma (2.5 days) - Units and Activities

- Addressing mental health issues alongside addiction
- Understanding the interplay between substance use and emotions, trauma anxiety and depression symptoms.
- Strategies for managing /coping with symptoms and stressors.

Week 9 - Module 10: Harm Reduction (2.5 days) - Units and Activities

- Traditional medicine
- Safer sex education
- Circle of care
- Education on harm reduction
- Harm reduction kits
- Guest speakers

Week 9 - Module 11: Life Skills & Parenting (2.5 days) - Units and Activities

- Exploring support systems (family, friends, support groups) (genograms)
- Encouraging social engagement and healthy leisure activities
- Parenting

Week 11 - Module 8: Self-Care and Wellness (2.5 days) - Units and Activities

- Focusing on self-care practices (nutrition, exercise, sleep)
- Encouraging long-term wellness goals
- Discussing culture and spirituality and its role in holistic healing

Week 11 - Module 9: Transition and Aftercare Planning (2.5 days) - Units and Activities

- Reviewing progress and achievements
- Developing an aftercare plan for ongoing support
- Connecting with outpatient services, relapse prevention groups, and community-based resources