

## *Family Treatment Information Guide*

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### **Welcome to The Carter House Family Treatment Centre**

We specialize in providing trauma-informed care and best practices to support families affected by substance use disorders.

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#### **Our Approach**



##### **Holistic Healing**

We integrate mental health, substance abuse treatment, and family therapy to address interconnected issues within families.



##### **Trauma-Informed Care**

Our approach is rooted in understanding and addressing trauma to facilitate recovery.



##### **Evidence-Based Practices**

Utilizing the latest research to ensure effective interventions.



##### **Culturally Competent Services**

Respecting and incorporating the cultural diversity of families in treatment plans.



##### **Family-Centered Care**

Engaging and involving family members in the treatment process for a comprehensive recovery journey.

## Services Offered



**Individual and Group Therapy**



**Psychoeducation for Families**



**Holistic Care and Support**



**Family Therapy Sessions**



**After care and support**

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## 3-Month Comprehensive Family Treatment Program

Our program includes:

1. **Stabilization and Assessment**
2. **Intensive Treatment and Skill Building**
3. **Aftercare and Transition Counseling**

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## What to expect for families attending The Carter House

### General rules and expectations while in the Carter House:

- All those attending the Carter House will be respectful of the policies, staff, and other residents
- Failure to follow the policies laid out by The Carter House Family Treatment Centre may jeopardize your placement

- Failure to meet the needs of your children while at The Carter House Family Treatment Centre may result in discharge from the program
- Failure to maintain sobriety while at The Carter House Family Treatment Centre may result in discharge from the program
- All residents must be respectful of the property, including keeping your designated space maintained to the organization's standards
- All residents must be respectful of others receiving treatment and maintain focus on their family, their treatment plan and their goals for transition to community
- No verbal or physical abuse of any kind will be tolerated
- Ensure open communication with staff about your needs
- Smoking is not allowed in the Carter House Family Treatment Centre, and is only allowed in the designated area
- No alcohol or illicit drugs are allowed on the property, including marijuana that is not prescribed
- Families staying at the Carter House will not have any visitors other than those that are approved or are a service provider

### **Child Care**

- Dual parent families are accepted to attend treatment together with their children provided there is no history of violence
- Parent(s) are responsible for all aspects of care for your children while residing at The Carter House.
- Parents attending with infants/toddlers are required to provide all formula, diapers, wipes, and other infant/toddler supplies that will ensure a comfortable and safe stay for your infant/toddler
- Parent(s) with school age children will have transportation provided to and from the Carter House to your child(ren) home school.
- All Children of school age will attend school while at the Carter House
- For families involved with Child Protective Services, The Carter House staff will work with your child protection worker and you, to understand your families needs and case plans to optimise your success as a family while in treatment
- Parents who place their children at risk of harm while at The Carter House will be re-evaluated to determine if they can successfully complete treatment with their children

## **Programming**

- Parents(s) are expected to attend all programming while at the Carter House Treatment Centre
- Aspects of programming will include your children, depending on their age and will be designed based on the specific needs of your family
- Childcare will be provided on site during programming for children not of school age to ensure parent(s) can fully participate and engage in programming
- Programming will include individual, group and family therapy activities
- All families will have active case plans, these case plans will be developed together between staff, families and supports to ensure greatest success. Parent(s) are expected to actively engage in their case plans and play a vital role in determining the best-case plan for success.

## **Medical Care**

- All those attending treatment, including children will require a medical form clearing them to attend family treatment
- All medications will be bubble packed, stored and administered by staff on site
- On sight physician and nursing support will be available to provide medical care as needed, but this does not include emergent medical concerns, staff will support you or your children with getting you and your children the appropriate medical care if needed

## **Recreation Therapy**

- Our Comprehensive Treatment model includes recreation therapy to strengthen bonds, build healthy relationships and develop healthy parenting patterns that will enhance and improve family dynamics and relationships. Parents and their children are expected to participate in recreational therapy activities.

## **Staffing Model:**

- The Carter House Family Treatment Centre offers a comprehensive model of care with 24/7 staffing that includes:
  - Physician support
  - Nursing Support
  - Elder and spiritual support
  - Social work
  - Addiction Workers

- Educational support
  - Recreational therapist
  - Care-aids
  - Nutritional aids
  - Child care aids
  - People with lived experience
  - Various managerial and supervisorial positions
- In addition to in-house staffing The Carter House Staff will connect you with various supports and services that will meet the unique needs of you and your family.
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## How to Apply

### 1. Requirement for referral

- Consent form signed.
- All those on the application have a valid health card
- No children over the age of 12 have been included in the referral.
- Parent(s) have custody of children included in this application to attend family treatment.
- Parent(s) aware that they are fully responsible for the care of their children while attending treatment.
- Parent(s) with infants must provide infant formula, diapers and any other needed supplies.
- All those on the application will need to have completed medical forms prior to admission.
- All prescribed medications will be bubble packed and handed over to the medical team at time of admission for storage and administration.

### 2. Visit our Website

Go to [kamorintegratedhealth.com](http://kamorintegratedhealth.com) and navigate to the "Apply" section. The application MUST be filled out by a services provider.

### 3. Service Provider fills out the Application Form

A service provider complete the online application with the required information and emails the application to [info@kamorintegratedhealth.com](mailto:info@kamorintegratedhealth.com)

### 4. Fee for Service Approval

The Carter House Family Treatment Centre is fee for service. Staff will contact the service provider who completed your referral to determine your eligibility and funding options available for attending The Carter House Family Treatment Centre.

**5. Initial Consultation and Scheduled admission date**

Once payment is arranged for treatment, a staff member will schedule a initial consultation to discuss you and your families needs and determine the best treatment plan for your family. At this time, you will be given an approximate treatment admission date.

**6. Begin Your Journey**

Start your path to recovery with our comprehensive family treatment program.

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**Agreement for Services**

Upon acceptance into our program, families will be required to:

- **Sign a Treatment Agreement**  
Outlining the services provided, expectations, and confidentiality policies.
- **Participate Actively**  
Commit to attending scheduled sessions and actively participating in the treatment process.
- **Follow Program Guidelines**  
Adhere to program rules and guidelines to ensure a safe and effective treatment environment.

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**Contact Us**

For more information, visit our website [kamorintegratedhealth.com](http://kamorintegratedhealth.com)

or contact us directly at [info@kamorintegratedhealth.com](mailto:info@kamorintegratedhealth.com)

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Kamor Integrated Health - Supporting families towards a healthier, stronger future.