

## *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 support, substance use 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 practices and 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 through education and coaching

## Services Offered



**Individual and Group work**



**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 Counselling**

## Requirements for Admission

- Point of Care Tox Screen clear of all non-prescribed medications/substances on admission
- Criminal Record Check completed for all males over the age of 12
- One bag limit per family member (not including diapers, formula, baby supplies)
- Personal belongings search conducted upon arrival
- Adequate supply of personal hygiene products, tobacco and baby supplies
- Service provider transport to intake and must remain until intake is complete (approx. 1 hr)

## What to expect during admission to The Carter House

Upon arrival, families will be greeted by one of our addiction counsellors. After being welcomed to The Carter House, families will be provided a change of clothes, and all belongings will undergo a heat treatment as a part of the Pest Control Policy. A medical assessment will be conducted by our medical team and once completed, families will be given a tour of our centre and introduced to our friendly staff. At this time, families are provided a clear outline of what to expect during their 3-month stay and shown to their bedroom to get settled in and comfortable. Children will have the opportunity to connect with our recreational therapy team in our Tree House Room, while parents complete their families intake documentation in a private and confidential setting.

## What to expect for families attending The Carter House

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

- Personal electronic devices will not be accessible during the stabilization period of treatment (one month).
- All those attending the Carter House will be respectful of the policies, staff, pets, and other residents and their children.
- 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 and guidelines, 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.
- Residents are asked to ensure open communication with staff about their needs
- Smoking is not allowed inside the Carter House Family Treatment Centre and is only allowed in the designated areas and times.
- No alcohol or illicit drugs are allowed on the property.
- Families staying at the Carter House will not have any visitors other than those that are pre-approved or are a service provider.

## Child Care

- Dual parent families are accepted to attend treatment together along with their children provided there is no recent history of violence.
- Parent(s) are responsible for all aspects of care and supervision for your children while residing at The Carter House.
- Parents attending with infants/toddlers **are required to provide all formula, diapers, wipes, bottles, soothers, strollers, and other infant/toddler supplies that will ensure a comfortable and safe stay.**
- Parent(s) with school-aged children will have transportation provided to and from the Carter House to school. If the child's home school is in Saskatoon, they will continue to attend their home school. If the child's home school is outside of Saskatoon, they will attend Buena Vista School in Saskatoon during the treatment period. Parents will be expected to assist their children with after school homework.
- All Children of school age will attend school while at the Carter House
- For families involved with Child and Family Programs, The Carter House staff will work with your child protection worker and you, to understand your individual family's 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. The Carter House staff are bound by the Child and Family Services Act and have a duty to report harm to children to Child and Family Services.

## Programming

- Parents(s) are expected to attend all scheduled 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 morning 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 skill-building activities
- All families will have active case plans. These case plans will be developed together between staff, families, and supports to ensure success. Parent(s) are expected to actively engage in their case plans and play an active 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 self-administered with support of staff on site.
- On-site physician and nursing support will be available to provide medical assessments as needed.  
This does not include emergent medical intervention. Medical Room times will be made available for non urgent medical requests.
- Staff will support you or your children with getting you and your children the appropriate medical care if and when 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 cultural support
    - Social work
    - Psychologist
    - Addictions counselling
    - Educational support
    - Recreational support
    - Continuing Care Assistants
    - Nutritional support
    - Early Childhood Educators
    - Parenting coaching
    - People with lived experience
    - Various managerial and supervisory 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.
- ☐ Medical forms completed for all children who have planned reunification with parent(s) at the Carter House
- ☐ Parent(s) aware that they are fully responsible for the care of their children while attending treatment.

### 2. Visit our website

Go to [www.thecarterhouse.net](http://www.thecarterhouse.net) 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 completes the online application with the required information and emails the application to [info@thecarterhouse.net](mailto:info@thecarterhouse.net)

### 4. Initial Consultation and Scheduled admission date

Once all required documents are received, The Carter House Admissions Coordinator will schedule an initial consultation to discuss you and your family's needs to determine the best treatment plan for your family. At this time, you will be given an approximate treatment admission date.

### 5. 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.

## Treatment Admission Checklist:

Families are allowed to bring one suitcase or equivalent bag for each member of the family. Anything above this will be turned away on admission day. The Carter House will not store any excess belongings. Ordering items to be delivered is prohibited and will be rejected.

- ☐ Parent(s) with infants must attend treatment with infant formula, diapers, wipes, strollers, soothers, bottles, cremes and any other hygiene and childcare needed for three months and any other needed supplies.
- ☐ All those on the application will need to have completed medical forms prior to admission.
- ☐ All males over the age of 12 will provide criminal record check. and vulnerable sector search
- ☐ All prescribed medications will be faxed to Westside Community Clinic (1528 20<sup>TH</sup> St W) one week prior to admission date
- ☐ PARENTS AND THIER CHILDREN MUST BE ACCOMPANIED BY A SERVICE PROVIDER FOR THE ADMISSION DATE AND TIME AND ARE EXPECTED TO STAY UNTIL THE FAMILY HAS COMPLETED THE INTAKE PROCESS

## What not to bring to the Carter House:

- ☐ Over the counter medications ( all medications will be provided by the Westside Community Clinic pharmacy to the clinical team at The Carter House)
- ☐ Lighters, matches, or other fire-starters
- ☐ Hair Dye
- ☐ Any product with alcohol in it
- ☐ Lottery and Scratch tickets
- ☐ Perfume, cologne, aftershave, perfumed lotions
- ☐ Scissors
- ☐ Sheets, pillows and towels
- ☐ Televisions, laptops, iPad
- ☐ Loose pills or medications
- ☐ Weapons

## Contact Us

For more information, visit our website [www.thecarterhouse.net](http://www.thecarterhouse.net) or contact us directly at [info@thecarterhouse.net](mailto:info@thecarterhouse.net)

*The Carter House Family Treatment Centre - Supporting families towards a healthier, stronger future.*