

Follow-up & discharge

Planning for the youth to return to their family or alternative community resource begins at the time of admission.

A projected discharge date will be established and discharge plans reviewed and further developed throughout the course of treatment.

After discharge, a follow-up program that includes contact with youth, parents, and case managers is implemented.

We believe:

1. Many youth who display problems with substance abuse have other social, emotional, psychological, cognitive, and behavioural problems.
2. The best treatment method is one based on a holistic approach that incorporates the relapse prevention model, treatment is designed to meet the social, emotional, cognitive, and physical needs of residents within a culturally sensitive environment.
3. Family involvement in treatment is one of the best predictors of success.
4. Positive change stimulates hope and optimism, and increases motivation for continued change.

These beliefs and values are integral and essential to how service is provided.

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SUBSTANCE Abuse Programs

*Treatment for youth with dependence on alcohol,
drugs, and volatile substances.*



The purpose of Ranch Ehrlo's substance abuse programs are to rehabilitate substance dependent youth and teach relapse prevention.

We offer substance abuse treatment through the Rorison and Lee House programs. These programs deliver residential treatment to children and adolescents who have abused or are dependent on alcohol, drugs (illicit, prescription), and/or volatile substances.



A holistic and intensive treatment approach is utilized in order to assist young people to break problematic behaviour patterns and develop a healthier lifestyle.

Program eligibility:

Both male and female youth, ranging in age from 12 to 15 years are admitted. Youth who are younger or older may be considered for admission in special circumstances.

Program entry:

Treatment begins at Rorison House, the substance abuse stabilization and assessment program located on our Pilot Butte campus. Upon admission, the clinical caseworker completes a mental health examination. Within sixty days of admission, a comprehensive psychosocial assessment is completed.

As part of a multidisciplinary approach, a psychiatric consult, neurological testing, psychological testing and a social assessment are available to youth.

After stabilization, they transfer to Lee House located in the city of Regina. At Lee, they continue to internalize healthy lifestyle changes and practice their newly developed skills in an atmosphere of systematically increased independence.

Program components:

Our program uses a holistic approach that incorporates the relapse prevention model and treatment is designed to meet the social, emotional, cognitive, and physical needs of residents within a culturally sensitive environment. Treatment includes:

Group Therapy

Education is provided in areas of social development, addiction education, and relapse prevention. Staff assist youth to understand and interrupt their cycle of addiction by engaging in healthier adaptive behaviours.

Clinical casework services

Each youth participates in individual counseling with the clinical caseworker. These sessions provide youth the opportunity to address various issues relating to addiction such as family relationships, past abuse, identity or other factors.

Residential programming

The initial phase of treatment includes detoxification and stabilization of the youth. Ongoing supervision is critical. Youth are guided in the areas of nutrition, hygiene, and positive social interactions.

Family involvement

We provide a range of services designed to engage and involve families in the treatment process. Families are encouraged to attend intake and planning conferences, visit the residence, stay at the family unit and participate in a variety of youth events.

Education

Youth are provided with educational testing from which an individualized education plan is developed. Whenever possible, youth transition through our education program and into the mainstream school system.

Culture

Aboriginal youth may participate in the Pow Wow club, drumming and singing club, talking circles, sweat lodges, smudging, and crafts. For non-Aboriginal youth, a variety of cultural activities is made available.

Recreation

Central to the treatment process is intensive recreational and leisure activities such as sports and crafts. As each youth becomes healthier and comfortable within the program they begin to participate in locally based activities, which are of interest to them.