

# *Youth Wellness Residential Programming Overview*



# YOUTH WELLNESS RESIDENTIAL PROGRAM RESIDENCE

\*Please note that due to following Covid 19 safety protocols, some adjustments have been made to the original vision of the program\*



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Enaahtig's youth wellness residential program is designed to serve youth of a "transitional age." Anishnabek teachings call this stage of life, "*the fast life*," as youth live to discover the truth of the world around them, who they are and where they belong.

This program is offered as a voluntary program to all Indigenous, Inuit and Métis youth, who struggle with unresolved trauma in their everyday lives.

The duration of the residential program is seven weeks, which youth must commit to, in order to achieve all benefits, tools and teachings of the program.

In individual cases, after program completion, youth residents may apply to return to the program for up to three times, in the duration of a one year timeframe.

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The staff of Enaahtig central consciously work hard to deliver the programming in a safe and inclusive way, where confidentiality is essential. To ensure this, Enaahtig staff engage in ongoing trauma-informed care & cultural training, seasonally.

The program design offers a blended approach of traditional Indigenous best practices, combined with mainstream techniques and approaches to treatment. This program is designed to provide a social, educational, recreational, and cultural focus, consistent with the developmental and traditional needs of this age group.

The wholistic approach to this unique program, includes creating a strong circle of support and individual aftercare plans. Some of the wholistic approaches to this wrap around support include (but are not limited to) linkages and partnerships with other Indigenous & non-Indigenous local health and social services

This also includes strong, individualized aftercare and referral protocols with said partners to ensure wellness gains are maintained.

# YOUTH WELLNESS RESIDENTIAL FRAMEWORK



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## Youth Wellness Residential Program Overview

- 90 day timeframe, running 3x annually
- Gender inclusive programming
- 12 bed capacity
- Located on 112 acres of farmland, forest, camp grounds, ponds & ceremonial grounds
- Primarily serving residents of Ontario
- Aim to serve 36 residents per annum

## Adjustments due to Covid 19 Safety Protocols

- 49 day timeframe, running 3x annually
- 6 bed capacity (individual rooms)
- Cultural ceremonies & events have been modified to accommodate Covid 19 restrictions and protocols
- Changing regulations have affected programming start/end dates
- 8 day residential developed to accommodate younger ages & shorter duration

Bedrooms.....  
warm and  
cozy



# YOUTH WELLNESS RESIDENTIAL PROGRAM FRAMEWORK

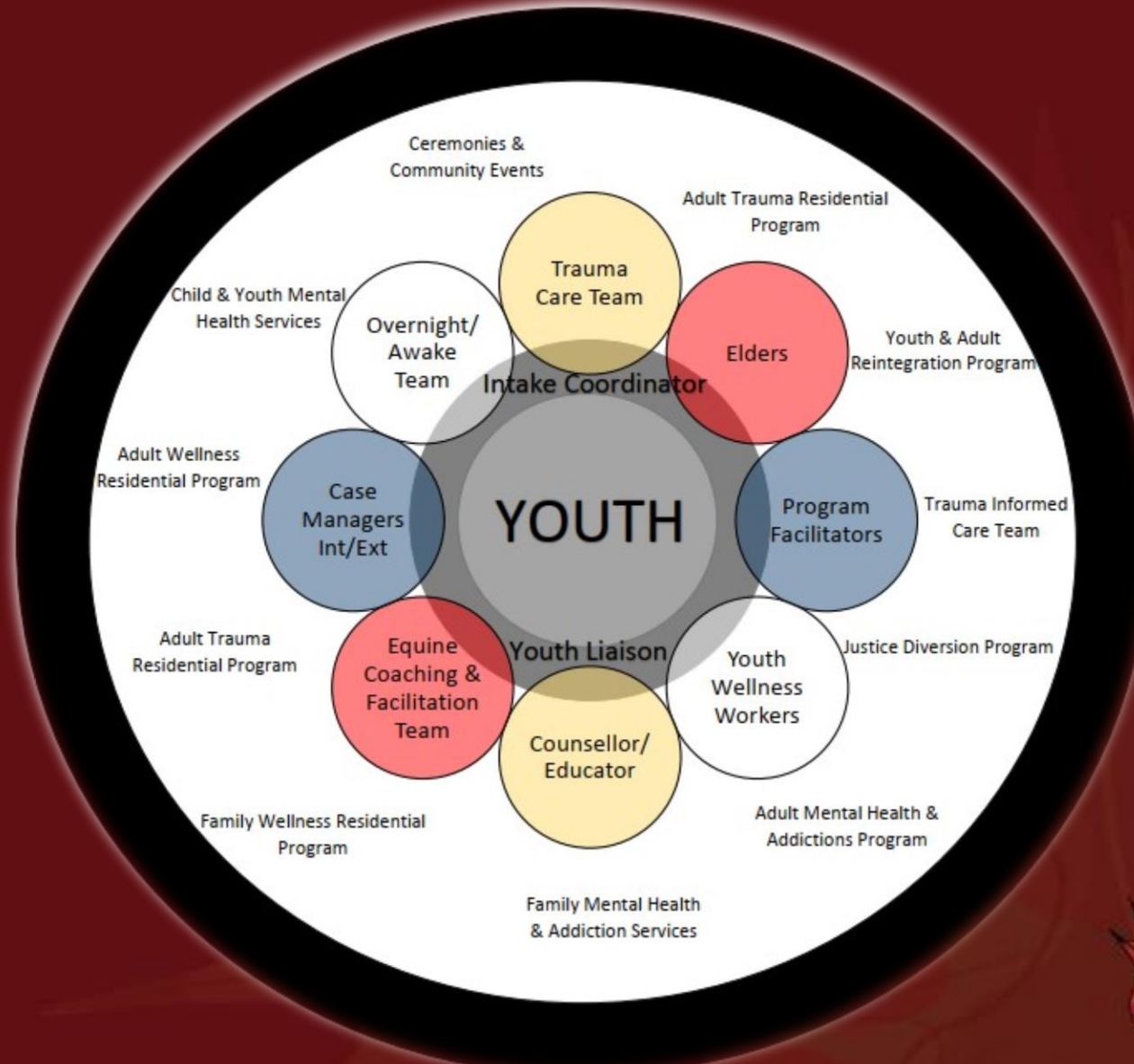
Week #	Weekly Theme	Weekly Goal
1	Getting to Know You	Establishing boundaries and developing relationships with one another
2	Looking Through an Indigenous Worldview	Understanding our history, our families and ourselves
3	Making the Connection from Head to Heart	Identifying, Understanding and Labelling Emotions
4	The Purpose of Triggers, How Do We Survive?	Understanding Triggers; Identifying Triggers, Their Origin and Their Purpose
5	Exploring Shame & Guilt, While Honouring Our Grief & Loss	Understanding Shame vs Guilt & Traditional Forms of Expressing Our Grief & Loss
6	My Story	Understanding The Impacts of Your Own Trauma, Creating Opportunities to Explore "Your Story" & Celebrating Closure
7	Embracing The New Me & Choosing a Safe Path	Fostering New Beginnings, Choosing a Safe Path & Maintaining Well-being



# Theater room and living space.....



# YOUTH WELLNESS RESIDENTIAL CIRCLE OF CARE



# YOUTH WELLNESS RESIDENTIAL PROGRAM ELIGIBILITY

\*Please note that due to following Covid 19 safety protocols, some adjustments have been made to the original vision of the program\*

- Youth must be a voluntary applicant
- Youth can be referred by another agency, case management team, family member or self
- If no case manager is involved, Enahtig will assign one, where possible
- Must be an agreement in place to ensure adequate after care is arranged
- Parent or caregiver involvement required for the duration of the program and aftercare
- Youth participants will agree to be “unplugged” for the duration of the program
- Willingness to participate in group work

# YOUTH WELLNESS RESIDENTIAL PROGRAM INTAKE & ASSESSMENT PROCESS

*\*Please note that due to following Covid 19 safety protocols, some adjustments have been made to the original vision of the program\**

- Each applicant must complete and submit an Initial Contact Package
- An appointment is scheduled with the applicant and any appropriate supports (parent/guardian) to complete an in-depth intake. *\*Note\* though the parent/guardian is not required to be present for the duration of the interview, their written input is required to complete the intake*
- Upon completion of the interview, the assessment package is then presented and reviewed by a strategically formed intake team *\*Note\* the application process may take longer if the intake team requires further information/documentation*
- Each applicant will be provided with a written letter to inform them of their acceptance to the **program orientation** and next steps. In the case that an applicant is not accepted to the program orientation at this time, a letter will be provided with a detailed explanation and recommendations and/or further requirements

# YOUTH WELLNESS RESIDENTIAL PROGRAM

## NEXT STEPS...

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- Continue consistent communication with Enaahdig's Youth Liaison Worker, in order to prepare for the program orientation (text/email/social media/call)
- Attend a scheduled program orientation (2.5 days) with potential youth cohort  
*\*Note\* attending the program orientation is a part of the program application process. If an applicant does not attend orientation, they can choose to reapply to the program at a later time/ or attend a later scheduled orientation date, if appropriate*
- Each applicant will be provided with a written letter to inform them of their acceptance into the youth wellness seven residential program. In the case that an applicant is not accepted to the program at this time, a letter will be provided with a detailed explanation and recommendations and/or further requirements
- Inform youth and family/parents/guardians of program dates
- Contact schools to arrange youth transcripts and create education plan
- Scheduled family contacts/visits and care plans are arranged

# YOUTH WELLNESS RESIDENTIAL PROGRAM SUPPORTIVE COUNSELLING



**YOUTH  
WELLNESS  
RESIDENTIAL  
PROGRAM  
SUPPORTIVE  
COUNSELLING**





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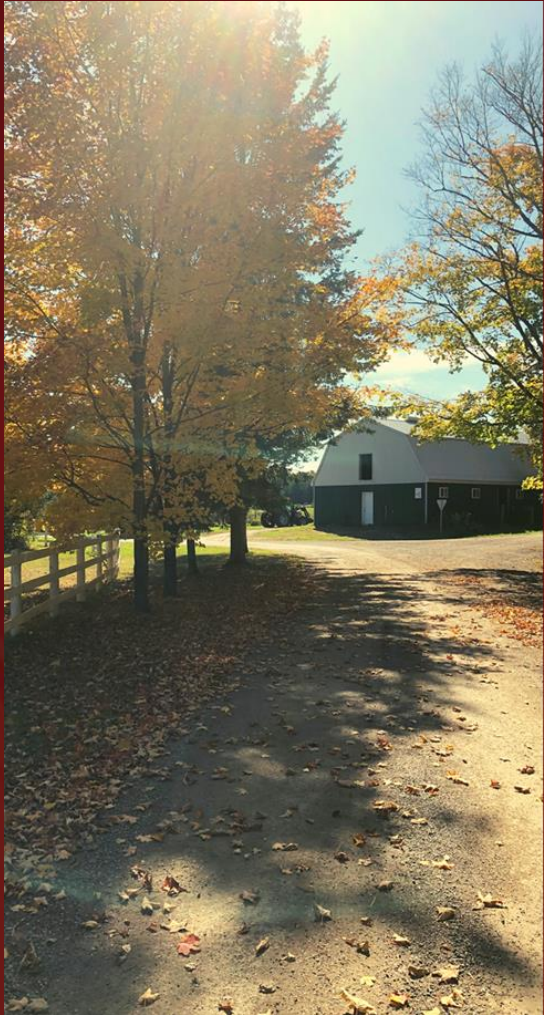




Dining room, very popular place...



# Enahtig grounds and ponds...



Learning space...





Our Equine facility...



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# Equine partners in healing for Equine Assisted Learning...



For more information on our programming, or to share  
feedback, please contact us at  
705 534-3724 ex 256  
[ylw@enaahig.ca](mailto:ylw@enaahig.ca)  
Enaahtig.ca

Enaahtig's Initial Contact Package is available on our  
website via print or fillable

