



# **MASKWACIS YOUNG SPIRIT WINDS SOCIETY**

## **VISION STATEMENT**

The Maskwacis Young Spirit Winds Society empowers healthy, balanced, proud First Nations youth in a safe, respectful and holistic environment.

## **MISSION STATEMENT**

While maintaining high quality standards of service, Maskwacis Young Spirit Winds Society offers First Nations youth holistic treatment, aftercare & support by utilizing cultural teachings, appropriate resources and partnerships.

## **Programs Dates**

*The Young Spirit Winds Day Treatment Program provides 4 sessions annually.*

*Spring April / June*

*Summer June / August*

*Fall September / December*

*Winter January / April*



## **Maskwacis Young Spirit Winds Society**

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## **Young Spirit Winds**

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## Day Program

Young Spirit Winds is an outpatient day treatment program. We serve First Nation youth ages 12 -17 who are in need of treatment for substance abuse. It is a co-ed program with a seat capacity of 10 youth per session. Annually we provide 4 sessions (spring, summer, winter and fall).

The Youth begin at 9:00 am and leave at 3:00 pm. Transportation is provided for those who reside within the 4 bands. The youth in the program are offered a nutritious healthy breakfast and lunch according to the Canada Food Guide.

Work with outside agencies within Maskwacis area. Community Elder's to share their knowledge. Culturally focused and traditional healing practices.

Overall programming is delivered using the Holistic Model

### Objectives:

- Providing information on addictions and consequences of alcohol, drug, and solvent abuse among youth
- To provide healing, treatment, guidance and assistance to our youth
- Promoting awareness of Aboriginal culture and healing
- Continued support

Topics covered in the day treatment program include:

- Orientation to Treatment
- Communication
- Addictions Awareness
- Cultural Identity
- Health Awareness
- Grief, Loss & Recovery
- Self Awareness & Self Esteem
- Anger Management & Cycle of Violence
- Career Planning
- Relapse Prevention & Aftercare

## Client Profile

Young Spirit Winds Treatment Program will assist male and female aboriginal youth ages 12-17 years of age who are in need of substance abuse treatment or prevention.

In addition to the uses of substances, clients who are accepted into the Young Spirit Winds Treatment Program will be affected by one or more of the following:

- Requires strengthening to function in the home, community or school environment
- Past or current substance abuse
- Contact with the criminal justice system
- History of suicide ideation and/or suicide attempts
- Any aboriginal youth who is interested in making positive changes in his/her life
- Currently not in school



## Matrix Program

The Matrix program is designed to assist youth who have substance abuse issues. MYSWS Matrix program will focus attention on youth who are struggling with addictions due to the multiple concerns, including:

- Youth in School in need of treatment
- Relapse shortly after day or residential treatment
- Family Dynamics - unresolved issues
- Environmental factors - i.e.: gangs, violence, peer pressure, self harm, etc.
- Crime prevention
- Lack of youth support systems

The Matrix Model for Teens helps clients by:

- The client receives extensive information about issues critical to addiction and relapse.
- The client's family takes an active role in substance-abuse recovery.
- The explicit framework lets clients know exactly what is expected of them, alleviating anxiety.
- Exercises that promote self-esteem, dignity, and self-worth.
- Instructional design will turn basic information into "ah-ha" moments.
- Youth-friendly graphic design, illustrations, and stickers
- Shorter group-session lengths to accommodate attention spans