

# Aboriginal Pride Programs

## QUL-AUN (Residential School/Trauma Program)

### Application Package

*Requires 6 Months Clean and Sober Time*



## TSOW-TUN LE LUM SOCIETY

### Vancouver Island Residential Aboriginal Programs

PO Box 370, Lantzville, BC, Canada V0R 2H0

Telephone: (250) 390-3123 Fax: (250) 390-3119

**January 11<sup>th</sup> – February 5<sup>th</sup>, 2010**

NAME OF CLIENT *(May Self-Refer)* \_\_\_\_\_

NAME OF THERAPIST/COUNSELLOR \_\_\_\_\_

REFERRAL AGENCY *(If Applicable)* \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

Date of Referral \_\_\_\_\_ Received \_\_\_\_\_

Name of Partner/Spouse *(ONLY If Attending Programs Together)* \_\_\_\_\_

**I. PERSONAL INFORMATION**

**(ONE TIME ONLY – May be a Self-Referral)**

Surname (legal name) \_\_\_\_\_ Given Name \_\_\_\_\_  
Health Insurance Number \_\_\_\_\_ Birth Date (Day/Month/Year) \_\_\_\_\_  
Sex \_\_\_\_\_ Male \_\_\_\_\_ Female Status Indian \_\_\_\_\_ Yes \_\_\_\_\_ No  
Social Insurance Number \_\_\_\_\_

Street (Permanent Address) \_\_\_\_\_  
\_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
Street (Residential Address) \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Known As (most often called) \_\_\_\_\_  
Telephone \_\_\_\_\_ E-Mail \_\_\_\_\_

**Marital Status**

**Single**       **Married**       **Common-Law**       **SeParated**  
 **Divorced**       **Widowed**

**Employment Status** (present employment situation)

**Self Employed**     **Homemaker**     **Job Training**     **SeasoNal**  
 **Permanent**       **Retired**       **Student**       **Temporary**  
 **Unemployed**     **X Part-Time**

**Income Source** (present source)

**Job**       **UIC**       **Pension**       **Income Assistance**  
 **Family**     **None**       **Interest**       **Other** (specify)

Band Name \_\_\_\_\_  
Full Status Number \_\_\_\_\_

**Family Type**

**Living Alone**       **Living with Spouse**  
 **Living with Parents**     **Single Parent**  
 **Living with Friends**     **with Spouse & Children**  
 **with Extended Family**     **Other**

**Next of Kin** \_\_\_\_\_ **Relationship** \_\_\_\_\_  
**Address** \_\_\_\_\_

Telephone \_\_\_\_\_

**Highest level of Education**

**No** Education     **Primary** School     **Junior** High     **Secondary**  
 **Some** Primary     **Some** Secondary     **Trade** School     **University**  
 **Adult** Education     **Community** College

**Location of Education**

**Boarding** School     **Public** Off Reserve  
 **Public** On Reserve     **Residential**

**Legal Status** (present involvement)

**Not** Applicable     **PA**role     **PR**obation  
 **Temporary** Absence     **OT**her

Usual Occupation \_\_\_\_\_

Language \_\_\_\_\_

Were you ever in a **treatment centre**?     Yes     No

Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_  
Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_  
Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_  
Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_  
Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_  
Year \_\_\_\_\_ Number of Times \_\_\_\_\_ Location \_\_\_\_\_

**Substances Abused**

Primary Drug of Choice \_\_\_\_\_ Last Day of Use (**Day/Month/Year**) \_\_\_\_\_

**Alcohol**     **Hallucinogens**     **Narcotics**  
 **Prescription** Drugs     **Solvents/Inhalants**     **Other**

Secondary Drugs of Choice \_\_\_\_\_

**Referral Source** (please check)

**NNADAP** Projects Outpatient Clinic     **B** Other Outpatient  
Clinic  
 **Correctional** Service of Canada     **F** CHR/NNADAP Worker  
 **Residential** Treatment Centre     **I** Band Social Worker  
 **Halfway** House     **G** Detox Unit     **H** Native Court Worker  
 **J** Hospital     **K** Employer     **N** Family

Will client continue working with referral source after treatment? Yes \_\_\_\_\_ No \_\_\_\_\_

If not, to whom is the client being referred? \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

## **HOUSE GUIDELINES FOR RESIDENTS**

To all participants –

The following guidelines will assist you in making a positive environment for your program and healing. Please read the guidelines carefully – and for the welfare of all the participants, be prepared to follow them.

### **1. ALCOHOL AND DRUGS**

- a. There will be no alcohol or non prescription drugs not within the bounds of TSOW-TUN LE LUM. Residents are not to consume alcoholic beverages or any unauthorized drug while attending the TSOW-TUN LE LUM Program either inside or outside of the residence (non-compliance with this guideline will result in discharge from your program).
- b. All medications are to be turned in to our staff upon entry.
- c. During the treatment program, other addictions, dependencies and behaviors may be addressed.
- d. Do not attend places that promote the use of drinking, drugs, or gambling. If you do, you will be discharged from your program.
- e. If it is necessary, your luggage or room may be checked by staff.
- f. If you arrive with prescriptions not noted on your Intake Paperwork, you will need to meet with our consulting physician.
- g. We do not have the facilities to handle methadone clients or medicinal marijuana.

### **2. PASSES, VISITORS, AND TELEPHONE CALLS**

- a. Passes are not time off, they are an opportunity to try out, explore, and experience healthier choices in the community. Then when you come back, you can share your successes.
- b. Passes are not an automatic RIGHT. Passes are a PRIVILEGE and will only be issued if you attend all sessions, do your chores on a timely basis, and demonstrate progress in your treatment.
- c. All residents are required to remain on the grounds unless on pass or on an approved walk.
- d. Saturday – one shuttle bus to Woodgrove Mall after chores completed. One pick up at Woodgrove at 3:00 pm.  
Sunday – one shuttle bus drop off at Woodgrove after chores.
- e. Passes are approved by your Program Counsellor. Requests for passes should be made by 12 noon on Thursdays. Please indicate whether you are returning to the Centre by 6:00 pm Sunday or meeting the designated bus at the Tim Hortons (corner at Wallace & Comox).

- f. If you fail to return by the time designated on your pass, you will be held accountable and responsible.
- g. Do not attend places that promote the use of drinking, drugs or gambling. If you do you will be discharged from your program.
- h. For the first week visiting hours will be from 1:00 PM to 5:00 PM on Sundays. On the second and subsequent weekends visiting is from 1:00 PM to 5:00 PM on Saturdays and Sundays.
- i. Visitors are prohibited from entering the sleeping quarter area.
- j. Visitors are allowed only in the designated visiting area.
- k. Visitors under the influence of alcohol or drugs are prohibited.
- l. Sexual relations between residents and visitors are prohibited.
- m. You are responsible for your visitors and letting your visitors know of the Guidelines for the House.
- n. You are permitted one phone call to your family the day you arrive, to let them know you have arrived safely.
- o. A pay telephone is available for residents to make a 10 minute personal call. Calling cards for sale at the Front Desk from Monday to Friday.
- p. Collect calls will not be accepted.
- q. You will **not** be called out of session to answer the telephone. Staff will take messages and distribute them after program each day.
- r. You are not allowed to make calls from the date you arrive until all house chores have been completed the following Sunday noon (emergency requests must be approved by a counsellor).
- s. Cellular phones and pagers are not to be used by clients while they are residents at Tsow-Tun Le Lum Society. Cellular phones and pagers are to be turned in at the front desk on Intake Day. Phones and pagers may be checked out for the day or weekend passes.

### 3. REGULATIONS REGARDING PASSES, VISITING HOURS, AND TELEPHONE PRIVILEGES

#### FIRST WEEKEND

##### DAY PASSES

None  
chores

##### VISITING HOURS

*Sunday:* 1:00 PM – 5:00 PM

##### TELEPHONE PRIVILEGES

*Sunday:* after all house  
are completed

#### SECOND WEEKEND

##### DAY PASSES

*Friday:* None

*Saturday:* 9:30 AM – 11:15 PM  
chores

*Sunday:* 10:30 AM – 6:00 PM\*\*  
chores

##### VISITING HOURS

*Saturday:* 1:00 PM – 5:00 PM

*Sunday:* 1:00 PM – 5:00 PM

##### TELEPHONE PRIVILEGES

*Friday:* after program

*Saturday:* after all house  
are completed

*Sunday:* after all house  
are completed

\*\* Provided all house chores and Big Book are completed – Big Book 9:30 AM – 10:30 AM.  
\*\*\*Saturday: Woodgrove Mall: One drop off after chores and one pick-up at 3:00 PM.

### THIRD WEEKEND

#### DAY PASSES

*Friday:* None

*Saturday:* 9:30 AM – 11:15 PM  
chores

*Sunday:* 10:30 AM – 6:00 PM\*\*  
chores

#### VISITING HOURS

*Saturday:* 1:00 PM – 5:00 PM

*Sunday:* 1:00 PM – 5:00 PM

#### TELEPHONE PRIVILEGES

*Friday:* after program

*Saturday:* after all house  
chores are completed

*Sunday:* after all house  
chores are completed

\*\* Provided all house chores and Big Book are completed – Big Book 9:30 AM – 10:30 AM.

\*\*\* Saturday: Woodgrove Mall: One drop off after chores and one pick-up at 3:00 PM.

### WEEKEND PASSES

From after program (usually 4:00 PM) Friday, until return to Centre at 6:00 PM Sunday.

- a. All residents are reminded that weekend staffs have the authority to take away privileges if residents do not comply with house guidelines.
- b. Please be advised that you are responsible for your own transportation to and from the Centre. Tsow-Tun Le Lum Society will NOT cover transportation costs. Staff will not be available to answer phone calls in the evening and on weekends. Our answering service picks up all our phone calls from Friday 4:00 PM to Monday 9:00 AM.
- c. If granted a weekend pass, you are welcome to return to the Centre. However, you will be required to follow day pass regulations.
- d. Special needs will be addressed by your counsellor and your group.

## 4. HEALTH AND SAFETY

- a. Smoking is not allowed in the building. Smoking is allowed outside the building. Ashtrays are supplied and it is expected that you will use them. Smokers are responsible to keep ashtrays clean (We strongly discourage pregnant women smoking).
- b. All medication will be turned over to the administration office upon entrance. TSOW-TUN LE LUM's staff will monitor the taking of the medication.
- c. You are expected to keep yourself clean. Regular bathing is required and laundry facilities are available for washing clothes.
- d. Use the bed you are assigned and no other. You are responsible for making your bed and cleaning your sleeping area and bathroom each morning.
- e. You are assigned regular daily chores.
- f. There will be no horseplay, running, or swearing in the building.
- g. Money and valuables can be safeguarded by handing them in to the administration office.
- h. If we have concerns regarding client's health we may refer to a consulting physician or dietician.
- i. Due to high incidences of communicable diseases (such as Hep C) please do not share cigarettes, pop or anything that can pass along germs from your mouth.

## 5. SCHEDULE

- a. You are to be up in the morning by 6:45 AM during the week and by 8:30 AM on the weekends.
- b. From Sundays to Thursdays, you must be inside the building by 9:00 PM and lights out by 10:30 PM. The TV will be turned off by 10:00 PM.
- c. On Fridays and Saturdays, unless you are on a pass, you must be inside the building by 9:00 PM. TV should be off by 1:00 AM and lights out by 1:30 AM.
- d. You are accountable and responsible for attending **all** program sessions and AA/NA meeting **on time** – on weekdays and weekends.
- e. Residents out on a pass must return by 6:00 PM Sunday evening, in time to take part in the scheduled program, or let their Counsellors know by Friday that they will be meeting the bus at the Alano Club at 7:00 PM.
- f. Radios, TV, ghetto blasters, walkmans, CD players, etc. are not to be turned on until **after** 6:00 PM, or until all chores are completed. Volume to be moderate at all times.
- g. You must attend closing ceremonies and assist in hosting visitors.

## 6. GENERAL HOUSE GUIDELINES

- a. Residents fighting or destroying property will be discharged from the program.
- b. Sexual relations between residents and staff will not be tolerated. Sexual relations between residents are prohibited.
- c. Walks must be either solitary (one person) or in a coed group of no less than five (5) residents unless approved by staff. Residents must inform staff when they are leaving or returning to the building. Residents are also required to sign in/out in the log book for fire/emergency purposes. Please make yourself aware of designated walking areas. (see map)
- d. You are to remain within the boundaries of Tsow-Tun Le Lum at all times, except when accompanied by staff or on pass.
- e. There will be absolutely no visiting in anyone else's bedroom. Visiting in lounge, courtyard, and dining room, and not in bedrooms.
- f. The group room on the men's side of the building is to be used by men only during leisure time. The group room on the ladies' side of the building is for ladies only during leisure time.
- g. The exercise room and craft area downstairs is also out of bounds for co-ed activity during leisure hours. A schedule for men only, women only hours is posted and must be adhered to.
- h. All valuables and monies in excess of \$20.00 should be turned in to the administration for safekeeping. They will be returned to you upon request. Tsow-Tun Le Lum **"bank" is open at 4:00 PM, Monday through Friday.**
- i. Do not hang or stick anything on the walls. Bulletin boards are provided for this purpose.
- j. You are responsible for all your personal belongings and effects. Any items left behind when you leave will be disposed of (normally after 30 days). Tsow-Tun Le Lum accepts no liability or responsibility for the personal

- belongings and effects of residents or visitors. Tsow-Tun-Le-Lum Society will not store or mail your belongings.
- k. Gambling is not allowed.
  - l. You may bring musical instruments with you. We encourage their use.
  - m. Running or soft-soled shoes are to be worn in the gymnasium and the kitchen. Elbow and knee pads must be worn during all volleyball.
  - n. Appropriate clothing is mandatory and reflects respect – no halter tops, bare midriffs, muscle shirts, short shorts (inseam 3" above knees), see through or ripped clothing, logos promoting alcohol or drugs, etc. Spandex shorts or pants must be worn with a long shirt. No sleepwear outside of your bedroom.
  - o. Residents are responsible for their own transportation to and from the Centre.
  - p. Absolutely **NO** videos are to be brought in from the outside.
  - q. Spiritual Room is a sacred place in the Center, we ask that you respect the circle by not breaking it.

**House Guidelines for Residents  
Agreement**

I understand the House Guidelines and agree to follow them.

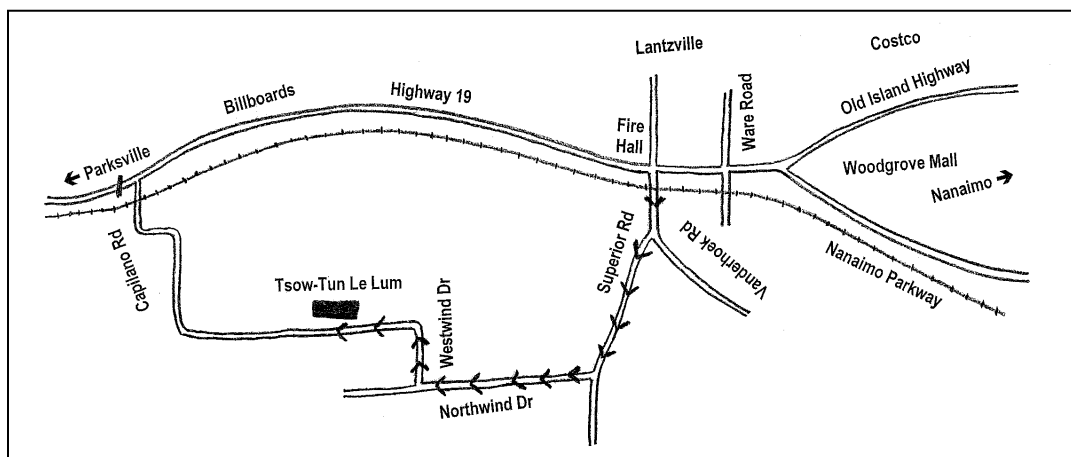
Resident's Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## LOCATION

The Tsow-Tun Le Lum Centre is located on Capilano Road on the Nanoose Band Reserve Land. Travelling north on the Island Highway from Nanaimo, turn left at the Superior Road lights, then turn right on Northwind Drive, then turn right on Westwind Drive, and then turn left on Capilano Road.



## TRANSPORTATION

Tsow-Tun Le Lum is located approximately 10 kilometres north of Nanaimo. A taxi is recommended and costs are approximately –

from Nanaimo airport to Tsow-Tun Le Lum	\$63.00
from Nanaimo bus depot to Tsow-Tun Le Lum	\$39.90
AC Taxi	Telephone: (250) 753-1231
Swiftsure	Telephone: (250) 753-8911 or (250) 758-8911

The above taxi companies will accept taxi vouchers.

Please be advised that you are responsible for your own transportation to and from Tsow-Tun Le Lum. We will **not** cover transportation costs.

Clients are advised that if they choose not to complete our program, or are discharged by staff of Tsow-Tun Le Lum, that Medical Services will not cover any return travel costs (including to the Yukon).

<b>V. CONSENT FOR RELEASE OF INFORMATION</b>
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**This section is to be filled out if referral is made and client information is required.**

Client Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

I, \_\_\_\_\_ (client's name), hereby give my permission for Tsow-Tun Le Lum Society Substance Abuse Treatment Centre, PO Box 370, 699 Capilano Road, Lantzville, BC V0R 2H0

to contact (name and address of agency providing information)

Name of Counselor: \_\_\_\_\_

Address of Counselor: \_\_\_\_\_

for information to be released, limited to (Completion Summary, Aftercare Information:)

\_\_\_\_\_

\_\_\_\_\_

I understand that no other information will be released to any other persons without my written consent unless these persons have a court order or are concerned with my medical treatment in an emergency situation. I also understand that I can withdraw or amend my consent to the release/request of information at any time.

ALL INFORMATION IS CONFIDENTIAL in accordance with relevant statues.

State date of consent \_\_\_\_\_

**(Date of doing paperwork)**

End date of consent \_\_\_\_\_

**(1 Year after completion of program)**

In order for this release to be valid, it must be completed in its entirety.

Client's Signature \_\_\_\_\_

Witness \_\_\_\_\_

(may be referring person or assessor)

Date \_\_\_\_\_

## IV. CONSENT FOR TREATMENT

I, \_\_\_\_\_ (name of client), understand that my participation in the Thuyanamut (Substance Abuse Program) Qul-Aun (Residential School / Trauma Program) at Tsow-Tun Le Lum Society requires that I am –

- aware that Tsow-Tun Le Lum Qul-Aun Program is a continuous four (4) week program which begins upon my arrival and ends following the completion ceremony,
- aware that there is a schedule of events and activities which will require my full participation, and
- aware that if I am **UNWILLING** to participate fully, I may be asked to leave.

I understand for the client and staff to work effectively, the treatment program will include –

- Counselling assessments and treatment plans,
- Arts and crafts, recreational activities, and ceremonies,
- Group therapy sessions/life skills training/sessions with Elder/assignments,
- Alcoholic Anonymous/Narcotics Anonymous meetings,
- Contact with my referral sources, and
- Maintenance of confidential client records as stated in the *Privacy Act*.

I understand that there are on-going programs at Tsow-Tun Le Lum, where applicants have been referred from NNADAP, Friendship Centers, Social Workers, Doctors, Detox, Employers, Alcohol and Drug Counsellors, and Parole.

I understand that treatment is a continuum. Therefore, I agree to be involved with after-care.

I am aware that according to the Family and Child Services Act, staff at Tsow-Tun Le Lum are required to report to the appropriate authorities any information received regarding the abuse or risk of abuse of any individual presently under the age of nineteen (19).

I understand the explanation of the above points and the above-named agency's program and guidelines and I, therefore, consent to undergo treatment at **Tsow-Tun Le Lum**.

I am aware that whenever people gather, such as at home communities, social and spiritual functions, family and treatment programs, etc., there may be identified and unidentified sex offenders present. This is also true of Tsow-Tun Le Lum Society.

I also understand that I can withdraw or amend my consent to the release/request of information at any time.

Client's Signature \_\_\_\_\_ Date \_\_\_\_\_

Referral Worker's Signature (If Applicable) \_\_\_\_\_

**MEDICAL INFORMATION**

Client's Name \_\_\_\_\_ Medical Number \_\_\_\_\_

Date \_\_\_\_\_

**\*\* Please provide a copy and date of current TB Test result  
(must be within one year and is MANDATORY)**

**Present Medications** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does the client have any allergies \_\_\_\_\_ Yes \_\_\_\_\_ No

If so, what? \_\_\_\_\_

Does client require an epi-pin? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Please ENSURE that client brings epi-pin if needed!!**

Physician \_\_\_\_\_ Telephone: \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_