

WHO ARE WE?

We are a 45 to 90 day highly structured program for youth. We are an independent, not-for-profit corporation and registered charity, designed to meet the unique needs of young people and family members from diverse backgrounds. To include and not restricted to Aboriginal, Métis and Francophone.

Who Does the Program Care for?

Our services are for youth between the ages of 13 and 17, who want to make lasting change through individual and spiritual growth.

Who Can Make a Referral?

Individuals may refer themselves. Referrals are also made by physicians, community agencies, legal sources, family members, educators, assessment and referral agencies, health care facilities.

How are Referrals Made?

Referrals can be made by calling our intake worker at 705-526-4600 between 9:00 a.m. and 5:00 p.m. Monday to Friday.

What are the Admission Criteria ?

An applicant must:

- Be a youth—age 13—18.
- Be assessed for the appropriateness following a historical profile including outstanding legal issues.
- Must be free of mood altering substances for at least 5 days before the face-to-face interview.

- Be willing to accept a structured program and abide by the guidelines set out by the Catch a Fish Not a Buzz program.
- Agree to undergo a standard physical medical examination after admission into the program by a doctor designated by the house.
- Willingness to attend mutual aid programs.
- Be physically and mentally able to participate in all aspects of the program.
- Take responsibility for their behaviours and motivated to live a life free of mood altering substances.

Admission to the program is at the discretion of interviewing staff in consultation with other staff and will be based upon a client's ability to meet the above criteria.

What do we Offer?

Offered in addition to the 45—90 day program, 12 months of post-discharge rehabilitation/education/wellness, through a formally structured discharge plan is provided as well.

The discharge plan offers aftercare, to a young person upon completion of the program. The youth is then considered an alumnus of the Catch a Fish Not a Buzz program and graduates a year after completing tasks through out the year.

Family members are encouraged to attend Family support groups.

The program provides a spiritual program experienced within a therapeutic community.

The 45-90 program addresses problems associated with use/misuse/abuse, of substances by:

- challenging and guiding a young person to recognize and accept reality.

- establishing a new model of living which moves them from personal isolation to healthy relationships, purposeful roles and re-integration back into the family, community, and education system.
- treating their inability to give and receive respect with a shift in perspective and attitude of thinking, acting and feeling in terms of another person rather than self.
- incorporating mainstream information and Aboriginal teachings through the 16 qualities of life.
- bilingual services.
- providing hope to families in helping to restore and rebuild relationships where a great deal of healing takes place for those who have been exposed to the damage which results from a life of use/misuse/abuse of mood altering substances.

The long term goal is to enable the youth and their families to develop loving interactions and responsible behaviours within families, communities, and education systems. Leading to spiritual growth beyond the need or desire to use/misuse/abuse substances, resulting in self destructive behaviours.

FUNDING

Catch a Fish Not a Buzz®

Program for Youth is an independent not-for-profit corporation and registered charity. We're not government funded. We are a fee for service agency. All cash donations are tax deductible. 100 percent of operating funds must be raised through charitable donations or funding applications. All donations of goods and/or cash are very much appreciated.



Catch a Fish Not a Buzz®

Program for Youth is a unique and innovative Rehabilitation/Education/Wellness program designed to meet the unique needs of the young people and family members.



Youth don't care how much you know. They want to know how much you care

(705) 526-4600

www.catchafishnotabuzz.com

Whether we like it or not growing up is going to happen

It's a well know fact that substance use/misuse/abuse, misplaced anger, conflicts, and other unresolved issues is a foregone conclusion in our present day society. These and other issues that may arise if left unresolved or mismanaged can be subjected to repercussions, and may result in negative consequences. Statistics show that most young people have experimented with some form of substance use/misuse/abuse or risk-taking negative behaviors such as: alcohol, tobacco, illegal drugs, over the counter and prescription medications, gambling, sexual experimentation, anorexic and bulimic tendencies.

The lack of effective Education, Prevention,, Intervention and Wellness programs has long been a concern to youth, parents, educators, public health agencies, police, churches, community and its members.

Our mandate is to facilitate rehabilitation, create a safe and confidential environment in which to explore issues, provide and develop coping/problem solving skills, moving towards a new healthier life-style. We have developed and implemented a variety of programs that are culturally sensitive, by blending mainstream information with Aboriginal teachings to help with the process of re-integration back into the Family, Community, and Education system.

Whether short or long term, individual sessions, group settings or healing circles, we work towards developing realistic goal setting, family mediation, conflict resolution, anger release. Other quality programs including the 16 qualities of life, to raise awareness for those who want to create a lasting change through individual and spiritual growth.

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**You can help!
Your personal
commitment and interest
will help us make a
difference in a young
person's life.**



Rehabilitation/Education/Wellness programs are 45 to 90 days in length, depending on the unique needs of the youth.

We believe that every young person is a good person and more often than not youth with diagnosed or undiagnosed issues will experiment with substances such as street or prescription drugs, alcohol, food, gambling or sex in order to cope or experience the freedom from their emotional pain. This can lead into a life of substance use/misuse or abuse problem and develop difficulties with the justice system, school system and family system.

Youth who use substances can develop signs of depression, anxiety, isolation, self harm, social problems, interpersonal relationships difficulties, unresolved anger, low self-esteem, poor life skills, coping strategies and problem solving.

We are simply a phone call away. For more information on programs and fees please call , or visit the web site.

(705) 526-4600

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**Catch a Fish not a Buzz Program
for Youth
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