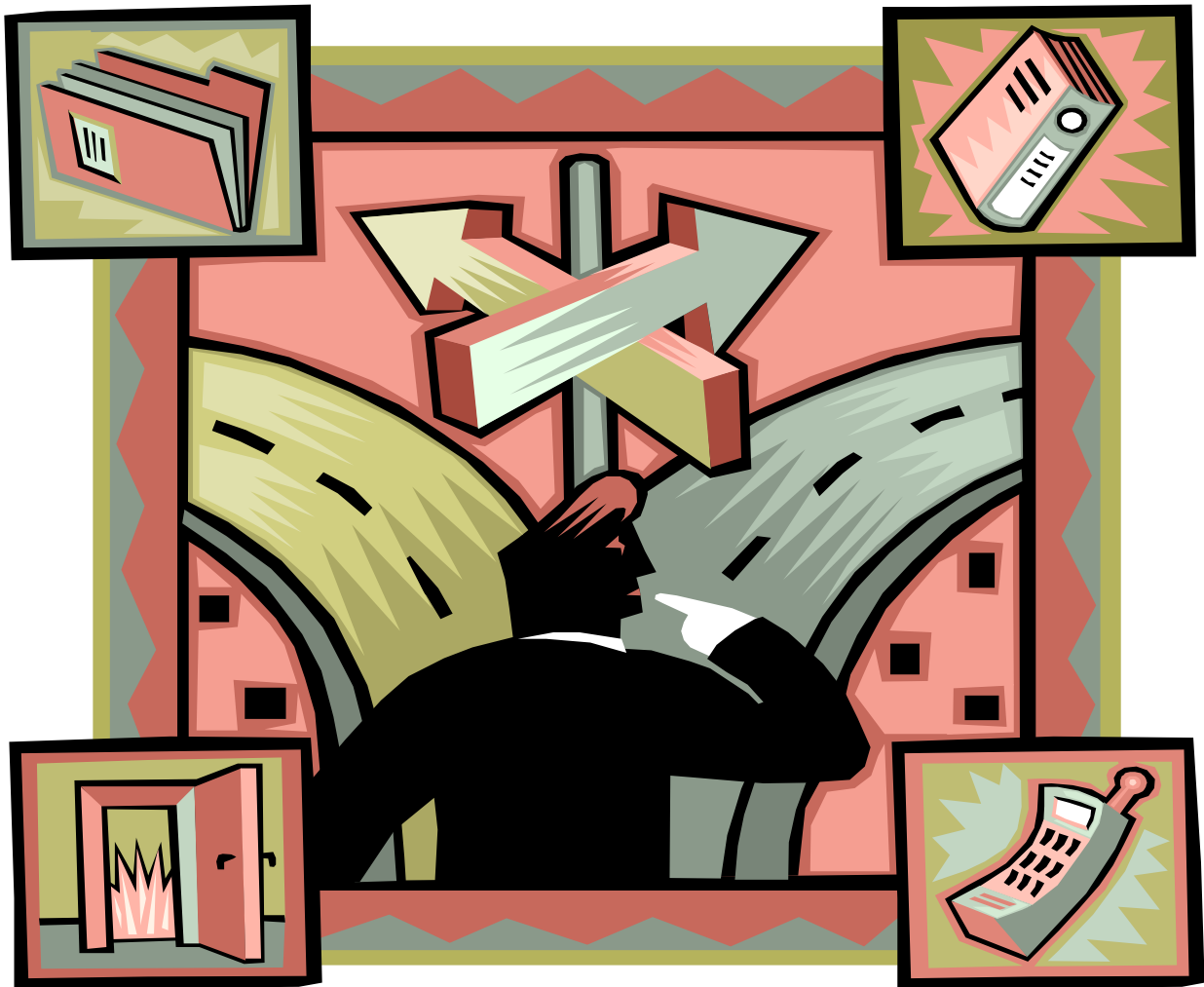


# CALDER CENTRE YOUTH PROGRAM 'THE CHALLENGE'



**EVERYTHING YOU WANT TO KNOW BEFORE  
YOU MAKE YOUR CHOICE**

Revised: July 2016

# ADMISSION/PROGRAM INFORMATION

## 1. What items should I bring with me to Calder Centre?

You will be involved in many activities while at Calder Centre. Please bring necessary personal items such as: hairbrush, toothpaste, shampoo, seasonal clothing (appropriate clothing for winter), swimwear, runners, and gym wear. Please refrain from clothing that advertises/promotes chemical use and/or gang activity. Please remember to bring your health card or number.



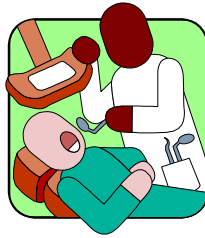
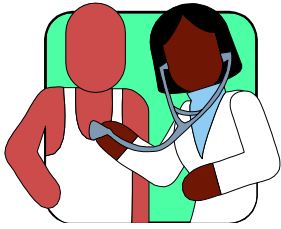
We strongly discourage the lending of personal items, as this can create conflict as well hygiene issues.

## **Things to Leave at Home**

Calder Centre does not allow the following:

- cameras
- cell phones
- perfume / cologne
- aerosol hairsprays
- images on clothing of drugs/alcohol

## 2. What do I need to take care of before I come to Calder Centre



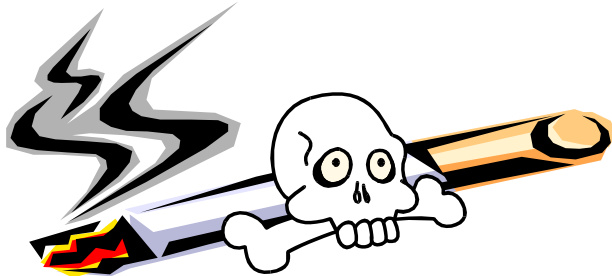
Take care of appointments such as dental, doctor, court dates etc. before you arrive at Calder Centre. Remember to complete all admission application/information and your medical. This is a good time to ask your worker for help.

## 3. Will I need any **MONEY** while I'm in treatment?

You can bring up to bring is \$20.00 a week. You will be given your money \$10.00 Wednesday and Saturday afternoons.



## 4. What about **smoking**?



As of April 1/07 we are a tobacco free facility. Youth are not permitted to smoke on or away from Calder Centre property.

## 5. Can I have any **visitors**?

Visiting with your family is typically set up for Sundays from 1:00 - 5:00 unless other arrangements are made. All visits must be pre-approved by your clinical case manager at Calder Centre.

## 5. What about **phone calls**?



All phone calls require approval and are usually to family members only. We like to ensure everyone has an equal opportunity to use the phone.

## 6. **CHORES?**

At Calder Centre you will be living with a group of people. It is important that we all make an effort to help out. Everyone is expected to keep their room tidy, make their bed, and other assigned chores. On Saturday, we spend time cleaning our rooms, changing bed linen, and completing minor chores. Laundry facilities and soap are provided for your use.



## 7. **Safety**

Calder Centre promotes respect for you, for others, and for property. This means we have **ZERO** tolerance for any threatening, violent and intimidating behaviors.



We do room searches at Calder Centre to ensure the safety of the building. This means we may have to read your personal writings if we are concerned about the safety of yourself or others, however, we will not read your personal journals.

Due to safety concerns for youth clients, you will be asked not to communicate with the adult clients or the community members.

Chemical use: There is **ZERO** tolerance for any form of drug and/or alcohol use. If you choose to abuse chemicals, you will be invited to take a break from treatment and perhaps return when you're feeling more ready. Random supervised urine screens/searches may occur to ensure the building is safe from chemicals.

Relationships: We strongly believe that one should be focusing on oneself when in treatment for drug/alcohol abuse. Clients that engage in romantic relationships lose focus on recovery issues and are asked to take a break from treatment and return at a later date.

8. Do I have to **share a room** with someone else?



No! We are single occupancy.



9. **Length of program?**



The core program is like the movie "28 Days". However, the length of stay may vary as individual plans are established with all clients. You will be expected to remain at Calder Centre for the duration of your individualized treatment program.

10. What **Activities** are at Calder Centre?



Programming focuses on individual and group counseling sessions, First Nations cultural activities, class, workshops, AA/NA meetings, and volunteer work. You will also participate in a variety of recreation and leisure activities.

We are very fortunate to have classroom programming at Calder Centre. The teacher will meet with you and develop a school program that leads to success. If you are registered in a school, we encourage you to bring your books and school assignments.

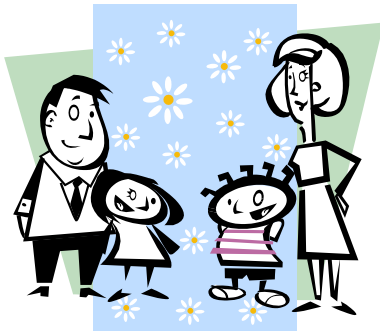


### 11. **Bed Times**

People are asked to be in there room by 10:00 p.m. Sunday to Thursday, 11:00 pm on Friday, and Saturday. Wake up is at 7:45 a.m. Monday to Friday, 10:30 a.m. on Saturday and Sunday.



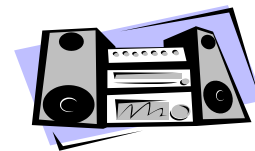
### 12. **Family Program:**



If you choose to have your family involved in your treatment you can meet with the family coordinator to set up a program tailored to meet the needs of your family.

### 13. **Music**

We ask that you do not bring your personal CD's/DVD's. You are allowed to bring MP3 players and IPODS as long as the system does not have camera capabilities.



**In closing, Calder Centre is a safe facility that allows youth and their families an opportunity to evaluate the impact of chemical use dependency and begin implementing changes that will contribute to a positive recovery lifestyle in the community.**