



Healing House—Overview

q'ay'tl'et ew'xw

This is a new BC-based substance use treatment program for youth and young adults identifying as women or as non-binary between the ages of 17 and 24.

We offer client-centred and trauma-informed approaches to recovery for youth and young adults with substance-use disorders. The anticipated stay is between three-to-six months. This is a voluntary treatment program located within a neighbourhood setting in South Surrey.

Indigenous teachings are an important part of the program curriculum. Participants have access to an Indigenous Elder/Knowledge Keeper. This program offers gender-responsive and culturally-inclusive care.

Healing House offers up to 90 days of live-in treatment, with a program that includes individual, group, and family support, along with exciting therapeutic recreational activities such as hiking, leisure activities, outdoor exploration like walk to the beach. We provide life-skills training such as job readiness, preparation for high school completion and other academic goals, coupled with aftercare services to ensure a smooth, successful transition back into the community

About Coast Mental Health

Coast Mental Health, a non-profit organization and independent charity, offers three pillars of support for people living with mental illness and substance use disorders: Housing, Support Services and Employment & Education. Learn more about our programming by visiting us at www.coastmentalhealth.com.



Cultural learning with the guidance of an Indigenous Elder are an important part of the program.

Recovery Model

- Improved emotional regulation
- Problem-solving skills
- Communication skills
- Coping skills (e.g., understanding triggers & learning strategies for coping)
- Boundary setting
- Stress management skills
- Time management skills
- Identification of good nutritional choices
- A range of psychosocial interventions and approaches to assist with recovery

Psychosocial Interventions and Approaches

- Motivational Enhancement Therapy & Motivational Interviewing
- Trauma-informed practice
- Cognitive Remediation Therapy
- Relapse prevention strategies
- Engaging families in client care with consent
- Peer mentoring
- Mindfulness-Based Therapy
- Pharmacotherapy
- Vocational training (eg. offering Honorarium for job onsite)
- Complementary therapies (e.g. meditation, music, art and craft)

Philosophy

- Based on psychosocial rehabilitation principles (mutual respect, skill building and strengthening self-efficacy)
- Client-centered (client-centered goals, informed decisions)
- Strength-based (building on a client's skills, knowledge and interests)
- Culturally relevant (connecting to the individual's background and spiritual foundation)
- Trauma-informed (building trust, avoidance of re-traumatizing, emotional regulation)
- Abstinence-focused (harm reduction as means to achieve drug-free lifestyle)



For questions related to Healing House, please email
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