

# Day Treatment Program

Planting Semah Pre-Treatment Program,  
Day Treatment Program



Ontario Native Women's Association

# What we offer...

- A safe and nurturing environment for those seeking help/support during their healing journey from substance misuse.
- A culturally safe approach to the different stages of change of recovery.
- Empower community members with knowledge and awareness about substance misuse and coping strategies.
- A sense of community and to develop healthy relationships that support the healing journey.
- Land based teachings with trauma informed approach.

# Pre-Treatment Program Overview

The Sacred Medicine teachings are taught alongside the Stages of Change Model to create a connection to Traditional teachings, empower with knowledge of substance misuse.

Programming and support to create healthy connections/relationships, and to build a sense of community for the next steps of recovery.

Supported alongside staff with a wealth of knowledge and experience.

# Day Treatment Program Overview

The Addiction Day Treatment Program enhances access to services for indigenous women, men and their families that are founded in Indigenous medicines, healing practices, and ceremony as a part of treatment and care.

Grounded by the seven grandfather teachings and supported by western healing practices, we provide a safe space for community members to heal.

Allows community members a chance to change with a program which enables them to care for their children, continue to work and access programming

# Day Treatment Program Overview

Week 1 – Cultural teachings of Love, and the Eagle with CBT

Week 2 - Covers Truth Teachings and the Turtle with motivational interviewing therapy techniques

Week 3 – Covers teachings of Bravery and the Bear Therapeutic Intervention is DBT with understanding triggers and coping strategies

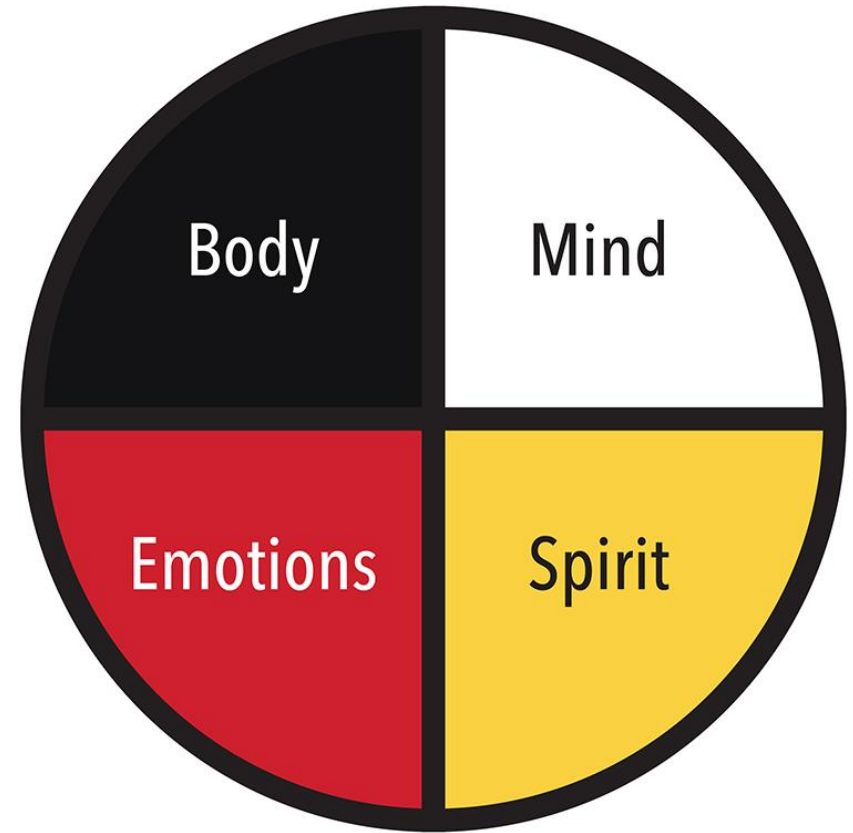
Week 4 – Covers teachings of Wisdom and the Beaver Therapeutic Intervention: Solution Focused Therapy

# Day Treatment Program Overview

- Who can attend?
- Indigenous, 18 years and older
- Work together with a plan of care to work towards goals
- Pathway towards sobriety and ongoing care
- Encouragement and teachings to add to their bundles
- Light refreshments and bus tickets provided for transportation.

# Day Treatment Program Intake Processes

- Referral for day treatment requires completing pre-treatment program.
- There is a waitlist currently for our program and will be contacted for intake assessment.
- Intake Assessment – We will complete a plan of care with basic contact information, goals and what community members are hoping to get from the program. In this document, we will discuss goals, immediate needs, any safety concerns, your supports/circle of care and develop a plan to help you with your goals.





# What we offer

- Access to Elders and Healers
- Traditional Healing and Ceremony
- Sharing circles
- Referrals – internal and external
- Brief Services
- Addictions & Aftercare support
- Land based programming
- continued community programming with ONWA



# What we offer continued...



# Day Treatment Program Overview

How Can We Help and Support:

- Safety Plans
- Goal Planning
- Addiction Navigation
- Harm Reduction Supports
- Treatment Planning
- Referrals

# After care support

- Continued care consists of aftercare program, *Walking the Red Road* which bridges community members to work with staff for a transitional sobriety plan.
- Internal resources, cultural programming, land-based referrals
- Referrals to specific programming to fit the needs of community members as they move forwards with new journey alongside a after care worker until you have solid support with internal/external supports.

# Program Referrals

## ONWA Program...

- Housing referrals
  - Mental health supports
  - Community Wellness
  - Brief services, Immediate Needs
  - Cultural Medicines
- Healthy babies, healthy family program
  - Human Trafficking Assistance
  - Cultural Supports & Elder/healer guidance
  - Vaccine & flu clinic

# Program Location

Intakes completed with staff before programming if necessary

Pre-treatment located – John E. Fletcher Centre 906 E Victoria st.  
**Tuesdays for 4 weeks 11am-1pm**

ONWA Day treatment works in collaboration with Howl at the Moon Dry bar.  
8 Cumberland st. **Mon – Thurs, 11am-1pm for 4 weeks**

After care Program – Open to public Located at ONWA Ray Blvd Site  
Beginning Nov 16 - **Thursdays 6-8pm**



# Questions...

Contact ONWA Intakes at (807) 623-3442 or toll free 1-800-667-0816

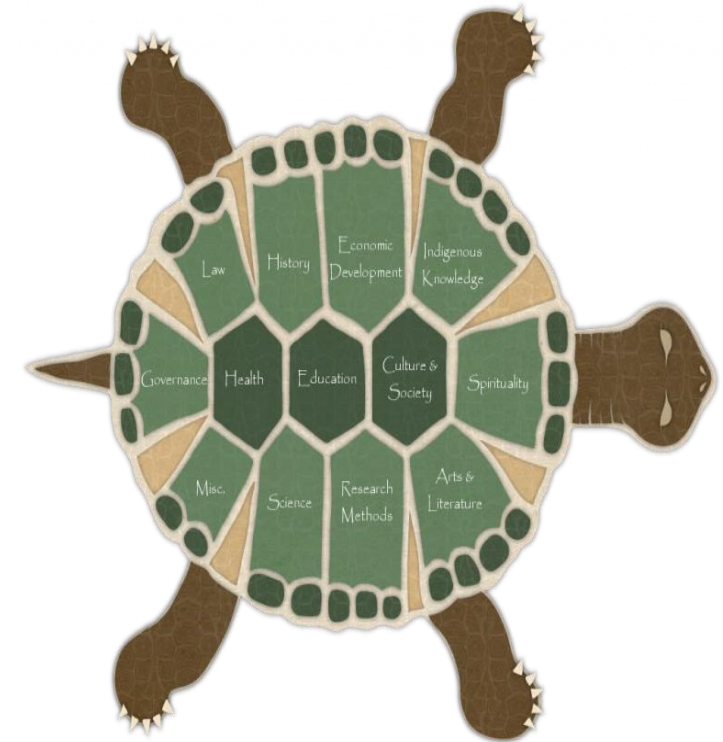
Tammy Letourneau 807-623-3442 ext 8590

Mental Health Coordinator

[tletourneau@onwa.ca](mailto:tletourneau@onwa.ca)

Pre-treatment/Aftercare worker – Gloria Wesley

[gwesley@onwa.ca](mailto:gwesley@onwa.ca)



**MIIGWETCH**  
(OJIBWE)

**KINAHNASKOMIHTIN**  
(CREE)

**NAKURMĪK**  
(INUKTITUT)

**MARSEE**  
(MICHIF)

**NIÁ:WEN**  
(MOHAWK)

**MERCI**  
(FRENCH)

**THANK YOU**  
(ENGLISH)



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Ontario Native Women's Association