

RELAPSE PREVENTION WEEK Application form for the Wanaki Center

Application Procedures

Revised Nov. 2015

To fill out the form, you can print and fill it out in writing. Remember that the form must be signed by all parties concerned.

Wanaki's application package contains two (2) sections:

Section 1: What you should know before you apply and In-house responsibilities

Section 2: Client Section

STEP 1: Wanaki must receive the completed application before we can proceed with our clinical assessment.

- **STEP 2:** Once Wanaki has received all sections of the application, which includes a quick telephone call with the applicant. The Center will complete their clinical assessment within 7 working days. The Center's decision to accept or refuse the client application will be provided in writing within this time period.
- **STEP 3:** Once a client application has been assessed as admissible for treatment services, the client or referral will be faxed our application for admission decision form. Upon receipt of this document, the form must be faxed back to Wanaki within 7 days with the client and referral worker's signature confirming this date as acceptable for the client's treatment cycle intake and completion date.
- **STEP 4:** Once Wanaki has received the signed admission decision form as accepted by the client and referral worker, the community is then responsible to arrange the travel and inform the Wanaki Center before the start of the treatment cycle.

Any changes in your client's treatment request or admission must be provided to the center in writing by fax as soon as possible, such as legal, medical or family situation.

Please ensure that all sections are signed and dated as Wanaki Center will not process an application that is not signed and/or dated by all significant parties.

The cycle intakes are done on **Sunday and we ask that clients be in before 2:00pm.**

Please ensure that the application is legible.

What do I need to know about the Wanaki?

- There are 4 cardinal rules:
 - o No use of alcohol or drugs during the treatment
 - No violence of any kind
 - No intimate contact
 - No smoking in the building
- If you are accepted for treatment you must ensure that your personal and financial needs are met prior to entering the treatment center (i.e. banking issues, welfare, etc.). There will be a designated time for you to call your financial institutions to check bank balances. The Wanaki Center will not endorse any cheque on behalf of the resident.
- When you enter the Wanaki Center for treatment, you will have your personal belongings thoroughly searched upon entrance. All products and/or medications which contain alcohol and/or mood altering substances will be withheld by Wanaki. All prescribed medications will be held and allocated to the resident by a Counsellor or Program Facilitator. If any illegal drugs are found, your treatment will be terminated.
- All prepaid travel arrangements purchased by the community and/or government must be handed over to the Centre upon entrance.
- No overnights outside Wanaki unless exceptional circumstances arise.

- You are permitted to take medication including over-the-counter or nonprescribed medication (including vitamins) but it must be prescribed by your physician/doctor. Medication that may alter the behaviour of the resident's capacity to function within treatment must be evaluated by the treatment team.
- There will be no access to the telephones during your stay unless there is an emergency.
- You are required to bring the following items;
 - √ Valid medical card
 - ✓ Toothpaste and toothbrush
 - ✓ Hairbrush or comb
 - ✓ Shaving gear, shampoo, deodorant, Q-tips (no products with alcohol)
 - ✓ Sleep wear
 - ✓ Contact lens and contact solution (if applicable)
 - √ Feminine products (if applicable)
 - ✓ Clothing to adapt to the season he/she is entering
 - ✓ Sufficient cash/Interact card/Credit card
 - ✓ Prescription medication (for 1 week, if applicable)
 - ✓ In house footwear (ex. shoes, slippers)
 - ✓ Personal identification cards (Minimum 2)

Optional articles that you can bring:

- ✓ A traditional skirts for ceremonies (women)
- ✓ A ribbon shirt (men)
- ✓ Hand drum or musical instrument (optional)
- The Algonquin medicines will be supplied at the Wanaki (sage, tobacco, sweet grass and cedar), so no need for you to bring your own.

Iadmission and understand that if ce	have reviewed these conditions to ertain conditions are not respected, this will result
in an infraction report or my termina	tion from the center.
Client Signature	 Date
Referral Signature	 Date

Responsibilities of people coming to seek healing

Daily Living Responsibility

To ensure that everyone takes their responsibilities seriously, we will be tracking when a person shows a lack of respect of their responsibilities. This information will be shared with the staff and the resident involved. At that moment, a discussion will be had to re-examine the motivation of the resident to engage in treatment in order to improve their life.

- I will be given a wake-up call by the Program Facilitator on duty once every morning, Monday to Friday at 7:00am and on weekends at 8:00am. If I have kitchen duty I will be provided a wakeup call a half hour earlier since I will be required to shower before reporting to kitchen duty. I must be out of my bedroom by 7:30am during the week and 8:30 on the weekend.
- A typical day at the Wanaki will be as follows:
 - Breakfast from 7:30am to 8:15am (weekends from 8:30am to 9:15am)
 - o Distribution of medicine where applicable (hours are posted in your room)
 - Program begins at 8:30 with the opening of the circle which includes smudging
 - A walk will be done before the start of the workshops
 - o Lunch from 12pm to 12:45pm
 - Program begins at 1pm
 - Closing circle
 - Personal time
 - Supper from 5pm to 5:45pm
 - Evening activity
 - Personal time
 - Bed time (lights out at 11pm)
- I am required to keep my personal room clean and tidy (i.e. making my bed each day).
- I'm responsible to work to my best ability on my 4 aspects:
 - Physical (walking, exercise DVD, using the gym, going up and down the stairs)
 - Mental (paying attention during the workshops, reading, learning from others)
 - Spiritual(smudging, praying, meditation, offering tobacco)

Emotional (writing in my journal, sharing in the circle)

Wanaki Structure Responsibility

- Respect safety procedures which will be shared with you during the tour of the facility
 - There is a register to be signed at the front exit if I intend to leave the center for an outdoor activity.
 - I understand that I must remain on the Wanaki grounds unless I am accompanied by a member of the Wanaki team.
- Kitchen duty: there are 2 residents to help in the kitchen, set the table, clean the
 kitchen area and dining room, clean the pots and pans, load the dishwasher and
 take the garbage outside. These 2 residents are also responsible for placing the
 chairs in the program room. Please advise us if you are sick. The schedule will
 be posted in the kitchen.
- Please note that the kitchen will be locked at 6:00 PM daily. Snacks are provided in the dining area.
- A laundry schedule will be posted in the kitchen. You will be sharing the washer and dryer with your roommate on the day you have kitchen duties. Laundry hours are from 4:00pm to 10:00pm
- Television hours are posted beside the television sets.
- For safety reasons, you are not permitted to use any personal music devices such as an MP3, an IPod etc.
- Junk food in the center:
 - We try to promote health eating so we ask that you don't bring in any junk food into the Center.
- When fishing please catch and release. (Please ask staff for further info.)

Respect

- I will respect the elders and their teachings.
- I am committed to respecting my own personal boundaries and that of the others.
- I will respect the personnel and Wanaki property.
- I will respect confidentiality.

- I will respect cultural and spiritual diversity.
- I will treat my colleagues as brothers and sisters.
- I will respect appropriate dress wear within the centre and not wear clothes with logos that can be perceived as offensive or promoting drugs/alcohol.
- I will use appropriate language and manners.

I, have reviewed these in-house responsibility. I als	Ю
understand that if certain rules are not respected, this will result in an infraction report or my	
termination from the center.	

APPLICATION FOR SERVICES RELAPSE PREVENTION PROGRAM 2015

CRITERIA FOR APPLYING:

- Attained abstinence for a period of 3 months during a one year period. We ask that they be abstinent for 2 weeks before arriving.
- NOT MANDATED BY THE COURTS
- MOTIVATED TO CONTINUE ON THEIR HEALING JOURNEY

DATE OF THE APPLICTION	DN:/ DAY MONTH Y	/ /EAR	FILE NUMBER:	
IDENTIFICATION OF NAME:		FIRST NAME:		
DATE OF BIRTH:DAY	// MONTH YEAR	AGE:	□ MALE □ FEMA	ALE
1- HOME ADDRESS:	NUMBER	STREET	- APARTMEN	Γ
PHONE NUMBER: HOME:	CITY ()/		PROVINCE POSTAL CODE)/	
□ CREE	□ MI'GMAQ	□ MOHAWK	□ ALGONQUIN □ ATIKAMEKW □ INNU □ NASKAPI	
3- LANGUAGE OF USE:	□ FRENCH □ E	ENGLISH 🗆 OTHER, PLE	ASE SPECIFY:	
4- HEALTH INSURANCE	NO.:		EXPIRATION:/	
☐ RENEWAL REQUEST TO	BE MADE ON:DA	Y MONTH YEAR		
5- BAND NUMBER:		EXPIRA	ATION:/_ MONTH YEAR	
□ RENEWAL REQUEST TO		Y MONTH YEAR		
7- CIVIL STATUS: SINC	GLE 🗆 MARRIED	□ WIDOWED	□ DIVORCED □ COMMON-LAW	

8- NUMBER OF DEPENDENT CHILDREN:	CUSTODY: SHARED FULL-TIME
9- NUMBER OF CHILDREN IN FOSTER CARE:	
PLACEMENT AGENCY NAME:	
FOSTER CARE WORKER NAME:	
PHONE#: ()/	
10- SPECIFY THE CHILDREN'S AGES: 1-	_ 2 3 4 5
11- OCCUPATION:	PART-TIME STUDIES
12- NUMBER OF SCHOOL YEARS COMPLETED	! <u></u>
13- MOTHER OR GUARDIAN:	
LAST NAME (AT BIRTH)	FIRST NAME
14- FATHER OR GUARDIAN: LAST NAME	FIRST NAME
15- SPOUSE: LAST NAME (AT BIRTH)	FIRST NAME
16- CONTACT IN CASE OF EMERGENCY:	
RELATIONSHIP: PARENTS SIBLING	FRIEND 🗆 OTHER-SPECIFY:
CAN WE LEAVE A MESSAGE? YES NO I	F SO, TO WHOM?
17- APPLICANT'S AVAILABILITY: AM P	M = EVENING PERSON WITH REDUCED MOBILITY: = YES = NO
18- HAVE YOU EVER RECEIVED ADDICTIONS	SERVICES? YES NO
19- HAVE YOU EVER BEEN FOLLOWED EXTER	NALLY? ¬ YES ¬ NO IF SO, SPECIFY:
20- HAVE YOU EVER BEEN IN THERAPY?	YES DO IF SO, NUMBER OF TIME:
IF SO, DATE OF THE LAST THERAPY:/_ DAY MONTH	YEAR / DURATION OF THERAPY:
LOCATION: WAPAN MAWIOM MAWIOM OTHER, PLEASE SPECIFY:	II □ WALGWAN
	ID A RESIDENTIAL SCHOOL? YES NO INENCE? YES NO IF SO, HOW LONG? OTHER:

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APPLICATION FOR SERVICES

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<u> Wна</u>	T DOES RELAPSE MEAN TO YOU?
W HE	n did you first consider relapse?
W нат	(IS HAPPENING THAT HAS CAUSED YOU TO THINK OF RELAPSE) HAPPENED THAT CAUSED YOU TO RELAPSE?
ARE TH	PEOPLE THAT USE BARS MY FAMILY BOREDOM MUSIC FEAR OF CHANGES LACK OF SUPPORT ISOLATION (IN ABSTINENCE) GRIEF LIFE PRESSURES (STRESS) - LEGAL FINANCIAL PROBLEMS
	Not changing friends, partners Peer pressure (weak boundaries) – BULLYING LACK OF MOTIVATION LACK OF FEELING SECURE UNRESOLVED ANGER FALSE HOPES UNRESOLVED TRAUMA NOT ENOUGH EDUCATION AROUND LIFE SKILLS

W н.	AT DO YOU WANT TO WORK ON WHILE YOU'RE IN TREATMENT?
	COMMUNICATION
	CONFLICT RESOLUTION
	BOUNDARIES
	GAMBLING
	ANGER
□F	
	PHYSICAL ASPECT
	TIME MANAGEMENT
	BUDGETING MUO AM I (GELE ESTEEM VS SELE IMAGE)
	VHO AM I (SELF-ESTEEM VS SELF-IMAGE) PROBLEM SOLVING
	DEALING WITH BOREDOM
	POSITIVE REINFORCEMENT
	HOW TO ACCEPT SUCCESS
	VHAT DO YOU USE TO COPE? - SELF-AWARENESS
347	
<u>vv</u> H.	AT ARE YOUR STRENGTHS AND POINTS TO IMPROVE ON?
Howi	MUCH POWER HAVE YOU GAINED OVER YOUR SUBSTANCE 1-10:
110W I	MOCH FOWER HAVE TOO GAINED OVER TOOK SOBSTANCE I 10.
ALCOF	10L
DDLIC	
DRUG	S ————
GAMBI	ING
How	WOULD YOU GAGE YOUR CRAVINGS ON A SCALE OF 1-10?
	WOOLD TOO GAGE TOOK CRAVINGS ON A SCALE OF 2 20.
TELL L	US IN YOUR OWN WORDS WHY WE SHOULD ACCEPT YOUR APPLICATION.

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BY WHO WERE YOU REFERRED?	
□ FRIEND□ PROFESSIONAL□ COLLEAGU□ HEALTH CENTRE□ SELF-REFERRAL	
OTHER, PLEASE SPECIFY:	
REFERRER:LAST NAME FIR	ST NAME
REFERRAL ORGANIZATION NAME:	
PHONE#: ()	
ADDICTION ISSUE	
□ ALCOHOL □ DRUGS □ MEDICATIO	ON GAMBLING CYBER DEPENDENCY
OTHER, PLEASE SPECIFY:	
WHAT IS YOUR FIRST CHOICE OF SUBSTANCE?	?
HAVE YOU DEVELOPED ANOTHER EXCESSIVE BEHAVIOUR? ON O	
GAMBLING: □ SPOUSE □ CHILD □ FAMILY AND/OR	ADDICTION: - SPOUSE - CHILD - FAMILY
OTHER, SPECIFY:	OTHER, SPECIFY:
PART 1	
COMPLETED BY:	DATE:// DAY MONTH YEAR
TITLE:	
PHONE#: ()/	
PLEASE PRINT YOUR NAME.	
HAVE YOU TRIED THE HARM REDUCTION (DECI	REASING AMOUNTS OR CHANGING SUBSTANCES)

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 \square YES \square NO

ALCOHOL (BEER, WINE,) INHALANTS (GAS, GLUE) AMPHETAMINE (SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)	REQUENCY OVER THE PAST 3 MONTHS (#1)	FREQUENCY IN THE LAST WEEK (#1)	QUANTITY PER DAY DEPRESSANT STIMULANT	ADMINISTRATION METHOD (#2)	HOW LONG HAS YOUR CONSUMPTION BEEN PROBLEMATIC?	DATE OF THE LAST CONSUMPTION?
(BEER, WINE,) INHALANTS (GAS, GLUE) AMPHETAMINE (SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)				rs		
(BEER, WINE,) INHALANTS (GAS, GLUE) AMPHETAMINE (SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)			STIMULANT			
(GAS, GLUE) AMPHETAMINE (SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)			STIMULANT			, ,
(SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)			STIMULANT			D M Y
(SPEED, PEANUT, CRYSTAL METH, RITALIN) COCAINE (POWDER, FREEBASE, CRACK)				S		
(POWDER, FREEBASE, CRACK)						
						/Y
			DISRUPTIVE	S		
CANNABIS (WEED, HASH)						
ECSTASY (MDMA)						D M Y
P.C.P.						
KETAMINE						D M Y
PSILOCYBINE (MAGIC MUSHROOM)						D M Y
L.S.D. (BLOTTER, ACID)						
	-	DRUGS: SE	DATIVES / /	ANALGESICS		
ANXIOLYTICS (XANAX, ATIVAN, LORAZEPAM, DIAZEPAM, VALIUM)						/
HYPNOTICS (DALMANE, RESTORIL, HALCION, MOGADON)						
BARBITURATES (FIORINAL, SÉCONAL, PHÉNOBARBITAL)						
OPIATES (OXYCONTIN, CODÉINE, DEMEROL, DILAUDID, MORPHINE)						/Y
METHADONE (ALTERNATIVE TREATMENT FOR OPIATES)						/Y
	RUGS: ANTII	PSYCHOTICS /	ANTIDEPRE	SSANTS / MOOD STA	ABILIZERS	
ANTIPSYCHOTICS (SEROQUEL, RISPERDAL, ZYPREXA)						
ANTIDEPRESSANTS (CELEXA, PAXIL, PROZAC, ZOLOFT)						/Y
MOOD STABILIZERS (LITHIUM, EPIVAL, TEGRETOL)						/
			OTHERS			
SPECIFY:						/

	LEGEND #1
	CONSUMPTION FREQUENCY
1.	EVERY DAY
2.	3 TIMES AND + PER WEEK
3.	ONCE OR TWICE PER WEEK
4.	ON WEEKEND
5.	OCCASIONNALLY

	LEGEND #2
	Administration Method
1.	ORAL
2.	NASAL
3.	SMOKED
4.	${\tt INJECTED} \; \square \; {\tt INTRAMUSCULAR} \; {\tt OU} \; \square \; {\tt INTRAVENOUS}$
5.	OTHER, SPECIFY:

PSYCHOLOGICAL STATE

HAVE YOU EVER BEEN FOLLOWED BY A MENTAL HEALTH PROFESSIONAL? □ YES □ NO □ NAADAP worker □ PSYCHOLOGIST IN COMMUNITY ☐ COUNSELLOR IN COMMUNITY ☐ MENTAL HEALTH WORKER Could we have access to your files? \square Yes \square No DO YOU HAVE A MENTAL HEALTH DIAGNOSIS? □ YES □ NO **IF SO, PLEASE SPECIFY:** HAVE YOU EVER EXPERIENCED ANY OF THESE PROBLEMS? **CURRENTLY REASONS PREVIOUSLY COMMENTS** SUICIDAL IDEATION ATTEMPTED SUICIDE SELF-MUTILATION FEELINGS OF DEPRESSION DEEP ANXIETY BEHAVIOURAL PROBLEM (AGGRESSIVENESS, ACTING OUT, VIOLENCE) LOSS OF INTEREST/ LACK OF MOTIVATION HALLUCINATIONS/PARANOIA ISOLATION SOCIAL PHOBIA DELIRIUM EATING DISORDER SLEEPING DISORDER П OTHER: DO YOU TAKE MEDICATION? □ YES □ NO IF SO, PLEASE SPECIFY: WHO IS YOUR PHYSICIAN? PROFESSIONAL: NAME TITLE **PHONE#:**()_____-DATE: _

NEXT APPOINTMENT:

DAY MONTH YEAR

LAST VISIT:

DAY MONTH YEAR

CULTURAL AND SPIRITUALITY	
WHAT SPIRITUAL/RELIGIOUS BELIEFS DO YOU FOLLOW	
Are you interested in learning generic Algonqui \Box YES \Box	N FIRST NATION CULTURAL AND SPIRITUAL TEACHINGS?
NO	
NOTE: THE CLIENT WILL NEED TO BE PRESENT AN ACTIVE PARTICIPANT. PHYSICAL	FOR THE CEREMONIES, BUT WILL NOT NEED TO BE
	CONDITION
MEDICAL CONDITIONS TO MONITOR OVERSEE	
ARE YOU PREGNANT? YES NO IF SO, SINCE HOW	/ LONG?/MONTH(S)
DO YOU HAVE A CHRONIC DISEASE?	
Do you have any allergies? ☐ YES ☐ NO	
IF SO, WHAT ARE YOU'RE ALLERGIES?	
ARE YOU BEING MEDICALLY-MONITORED FOR OTHER? (CURRENTLY) PYES PROPRIED NO	CHRONIC DISEASES MENTIONED ABOVE OR
IF SO, WAS YOUR PHYSICIAN ADVISED OF YOUR SERVICES	REQUEST? 🗆 YES 🗆 NO
PROFESSIONAL : NAME PHONE#: ()	/TITLE
LAST VISIT:/ NEXT APPO	INTMENT: / DAY MONTH YEAR
A DEL VOVE EL VIVO A MEDICA CITATION DE DECENTA DE LA COMPANION DE LA COMPANIO	nn ony myssa
ARE YOU TAKING MEDICATION FOR PHYSICAL YES NO	PROBLEMS?
IF SO, SPECIFY:	

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ARE YOU EXPERIENCING TROUBLE SI	LEEPING:				
□ YES □ NO					
IF SO, PLEASE SPECIFY:					
37- ARE YOU EXPERIENCING TROUBL	E EATING?				
□ YES □ NO					
IF SO, PLEASE SPECIFY:					
LEGAL SITUATION:					
LEGAL SITUATION:					
LEGAL SITUATION: Do you presently have any legal issues?		Y	ES	NO	
	YES	Y	ES	NO IF YES, UNTIL (Y/M/D):	
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES?	YES YES		ES		
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES? A. ARE YOU ON PAROLE?	YES	NO NO	ES	IF YES, UNTIL (Y/M/D):	
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES? A. ARE YOU ON PAROLE? B. ARE YOU ON PROBATION?	YES	NO NO		IF YES, UNTIL (Y/M/D): IF YES, UNTIL (Y/M/D):	
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES? A. ARE YOU ON PAROLE? B. ARE YOU ON PROBATION? C. IS THIS A COURT ORDER TO ATTEND TREAT	YES ATMENT? CES REQUIRED	NO NO	⁄ES	IF YES, UNTIL (Y/M/D): IF YES, UNTIL (Y/M/D): NO	
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES? A. ARE YOU ON PAROLE? B. ARE YOU ON PROBATION? C. IS THIS A COURT ORDER TO ATTEND TREATED. ARE THERE ANY OTHER COURT APPEARANCE.	YES ATMENT? CES REQUIRED YES	NO NO ? YES	YES NO	IF YES, UNTIL (Y/M/D): IF YES, UNTIL (Y/M/D): NO IF YES, UNTIL (Y/M/D): IF YES, HOW LONG AGO:	
DO YOU PRESENTLY HAVE ANY LEGAL ISSUES? A. ARE YOU ON PAROLE? B. ARE YOU ON PROBATION? C. IS THIS A COURT ORDER TO ATTEND TREAD. ARE THERE ANY OTHER COURT APPEARANCE. HAVE YOU EVER BEEN INCARCERATED?	YES ATMENT? CES REQUIRED YES	NO NO ? YES NO	YES NO	IF YES, UNTIL (Y/M/D): IF YES, UNTIL (Y/M/D): NO IF YES, UNTIL (Y/M/D): IF YES, HOW LONG AGO:	

MOTIVATION LETTER (WRITTEN BY CLIENT) **PLEASE ENSURE YOUR WRITING IS LEGIBLE**

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INTERVENER OBSERVATIONS			
PLEASE NOTE YOUR COMMENTS FOLLO	WING THE MEETING WITH THE	CLIENT: (EX: NERVOUS, INCOHERENT, POOR HYGIENE)	
	FILE REFFER	AL	
A. INDIVIDUAL MEETING	ANTICIPATED DATE:		
B. □ NURSE	PLEASE SPECIFY:		
C. OTHER FIRST-LINE INTERVENERS			
D. REHABILITATION CENTRE	ANTICIPATED DATE:		
E. □ EXTERNAL RESOURCES	PLEASE SPECIFY:		
F. OTHER RESOURCES	PLEASE SPECIFY:		
	COMMENT	S	
PART 2			
COMPLETED BY:		DATE:/	
TITLE:		DAY MONTH YEAR	
PHONE#: ()/			
PLEASE PRINT YOUR NAME			
LEASE I MINI TOOK NAME			
_	_	_	
		CENTER AND THE APPLICATION FORM	
IS COMPLETED, IT MUST B MAIL.	E SENI IO IHE IREAI	MENT CENTER BY FAX OR R EGULAR	
I'IAIL!			
Client Signature		Date	
Onent Oignature		Date	
Referral Signature		Date	

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