



YOUNG BEARS LODGE



Information Guide

WHAT YOU NEED TO KNOW BEFORE YOU GO

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You can find more information on our
website: www.unya.bc.ca

What is the Young Bears Lodge?

Young Bears Lodge is a live-in program for Native youth (13-18) looking to make changes in their lives, and specifically to their relationship with drugs and alcohol. We believe youth are the experts in their own lives, so we support youth to set and work on their own goals while in the program. We are here to provide a safe and supportive environment for youth to gain skills, tools, and confidence to build the life they want.

Our work is founded on the belief that culture is therapy. We provide support for youth to explore and build relationships with their ancestry, as this is central for building a positive sense of identity, and healthy lifestyle. Our holistic program also works from the perspective of 'two-eyed seeing'. This means that we combine both an Indigenous and Western approach to health and wellness. From an Indigenous approach, our program centers on traditional teachings, practices, and ceremonies. From a Western approach, we offer counselling, educational workshops, and Clinical knowledge regarding mental health and the effects of drugs/alcohol.

We also recognize that Native youth are straddling these two worlds in their everyday life, so we are excited to help youth explore what it means to them to be urban AND Indigenous.



Another unique part of our program is our open approach to thinking about drugs/alcohol and sobriety. Our program includes an optional weekly youth AA meeting, so we can facilitate youth who choose to use the twelve-step approach to sobriety. We also offer teachings and support from other ways of thinking, which can fit for goals of either abstinence (no use) or harm reduction (safer use).



What does the program look like?

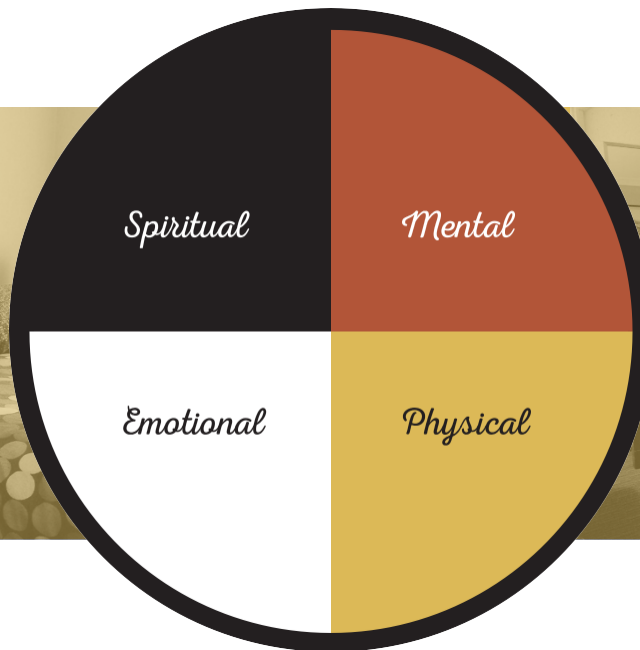
Settling into the program:

When youth first arrive at YBL we give them time and space to settle into the Lodge, and get used to our staff and program. Our Intake & Referral Counsellor meets with youth to share information, fill out paperwork, and answer any questions that come up. Youth have the option of joining into some (or all) of our programming as youth feel ready, but can also spend time getting caught up on rest, or taking care of other needs.

Building your personalized care plan:

During the first two weeks of your stay at Young Bears Lodge you will take time to sit with the Clinical Counsellor & Cultural Lead Counsellor to discuss your goals and decide what you are looking to achieve during your time in our program. Every participant's goals and interests are built into our program schedules each week by piecing together your care plans. As a team we create a wellness program together that will benefit you based on your own individual needs.

Our goal is to create an environment that supports you to address your relationship with drugs & alcohol in your own way. However, in practice this may look like 5 entirely different programs running simultaneously. While we would never force you to participate in any ceremony, protocol or community event that may not be in alignment with how you are designing your wellness journey, we do require you to join in on all outings so that those opportunities are not lost for others. For example: attending our monthly sweat but not having to go into the sweat yourself (if you are not interested in that kind of ceremony) Or, attending a weekly AA meeting that another youth is interested in even if you are not working a 12 step program.



Programming at a glance

Here is an example of what a weekly schedule could look like:

Young Bears Lodge
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PROGRAM SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast	Wake-up + Breakfast
9am			Morning Smudge	Morning Smudge			
9:30am	Morning Smudge	Morning Smudge	Travel Time	Individual Time (one-on-ones with clinical, appointments with intake, goals, library)	Morning Smudge	Morning Smudge	Morning Smudge
10am					Travel Time	Travel Time	
10:30am	Cultural Workshop at lodge with Elder 9:30- 12pm	Workshop w/ UNYA Clinical Counsellor @ YBL	One-on One's @ UNYA		Land Base Activity/ UBC Gardens		Youth Room Cleaning and chores
11am						Hike at Lynn Valley	
11:30am						Sweat Lodge depending on the UNYA event	
Noon	Lunch	Lunch	Lunch				Bundle Building
12:30pm			Travel Time	Coo Feathers Workshop	Travel Time		
1pm					Lunch		Brunch at the lodge
1:30pm	House Meeting (All youth + Staff)	Individual Time (one-on-ones with clinical, appointments with intake, goals, library)	Horse Program with Urban Horse Project		Workshop with Clinical	Travel Time	Travel Time
2pm		Case Conferences		Chores + Chill		Chores + Chill	Weekly reflection: walk and letting go ceremony
2:30pm			Travel Time				
3pm	Free Time			Free Time	Free Time	Free Time	Travel time
3:30pm			Free Time	Travel Time	House Tidy + Chores	House Tidy + Chores	House Tidy + Chores
4pm	Travel Time	Travel Time					
4:30pm			Dinner	Lino Block printing at UNYA Starts 4pm- 8pm	Dinner	Dinner	Group Cooking @ YBL
5pm	Dinner	Kickboxing @ UNYA Dojo	Travel Time		Smokes + Snacks		
5:30pm					Travel Time	Travel Time	Group Fitness at YBL
6pm	Self Care/ Medicine Box	Travel Time	Drum Circle				
6:30pm		Dinner	Travel Time	Travel Time	Community Exploration	AA youth group at Recovery Club 7:30pm	
7pm							Free Time
7:30pm					Travel Time	Travel Time	
8pm	Free Time	Journaing	Free Time	Free Time			
8:30pm	Smokes + Snacks	Smokes + Snacks	Smokes + Snacks	Smokes + Snacks	Smokes + Snacks	Smokes + Snacks	Smokes + Snacks
9pm	Journey Into the Night	Journey Into the Night	Journey Into the Night	Journey Into the Night	Journey Into the Night	Free Time/ Movie Night at lodge	Journey Into the Night
9:30pm							
10pm	Bed time	Bed time	Bed time	Bed time			Bed time

These programs schedules are created each week and are usually different, besides our regular commitments listed below:

Weekly regular activities:

- One to One Clinical Counselling sessions
- Access to Elders & Teachings
- House Meetings
- AA/ or Recovery Groups
- Traditional Bundle Making
- Clinical Workshops
- Cultural Workshops/ land based teachings

Monthly Regular Activities:

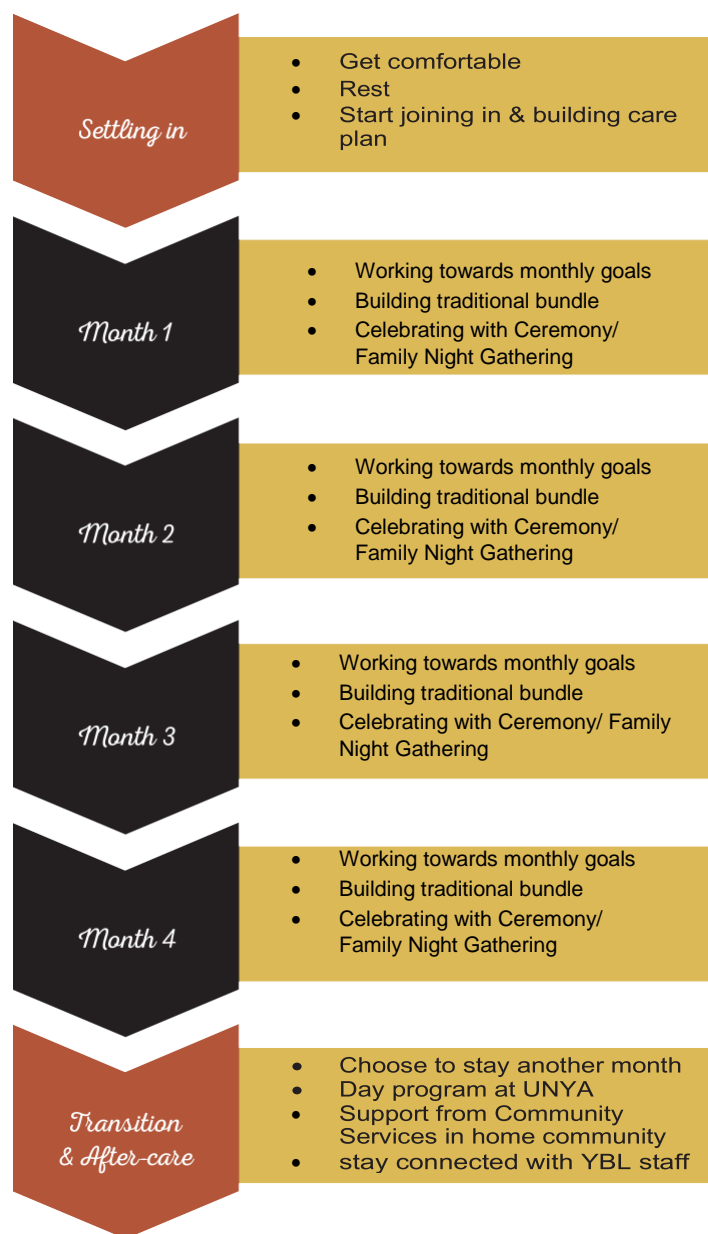
- Program Cycle Graduations & Family Nights
- Sweat lodge ceremony

Other Activities offered:

- Animal Therapy: horse program
- Kayaking/ canoeing
- Cooking
- Cultural Gatherings
- Hiking/ doing workshops on the land
- Medicine Harvesting
- Regalia Making
- Community Gatherings
- Volunteer work: UBC Gardens, RAPS, elementary school buddies
- Sports and Recreation
- Life skill developments

Program Milestones

Each month we celebrate your accomplishments through a ceremony where you receive one of four traditional medicines (sage, cedar, sweet- grass, tobacco). At the end of your stay we host a graduation Giveaway Ceremony, where you are blanketed with your own YBL blanket and receive a beaded feather and abalone shell to complete your personal smudge kit. Friends, family and supporters are invited to join all of our ceremonies which include a traditional feast. After each month you will decide if you want to continue with another month of wellness with us at Young Bears Lodge.



Program Breaks, Transitions & After Care Planning

The YBL Intake + Referral Counsellor works with you, your caregivers and support professionals to make sure we have a solid plan and supports in place for when you leave the Lodge, so your transitions can happen in the best way possible. We just ask that care givers/parents, and you(th) have a solid early exit plan and transition plan in place before you arrive at Young Bears Lodge.

During the months of June and December, while day programming is being offered at our head office, there is no opportunity to do live-in residential treatment at YBL. If you are participating leading up to those cycle transitions (from Residential to Day program) we will be transitioning you home, as planned, and giving you the opportunity to continue to participate in our day programming if you are interested.

Day passes/program break

Since we encourage maintaining relationships with family and community members, you are able to have planned day passes and program breaks when needed. We are also able and excited to accommodate family visits, but ask that we always plan ahead to ensure they do not interrupt programming for you or the other youth staying at the Lodge.

We do not want you to miss out on important events in your life, like family matters or other commitments you may have planned. Just know that you are required to be picked up and dropped off from these visits by someone on your approved contact list, who are over the age of 19, and are able to sign you in and out of our care.

Things to know:

How long is the program?

Most youth stay for four months.

Is there somewhere to work out?

Yes we have a gym on-site and do outings to the local recreation center, skating rink, pool, and hiking trails.

Can I smoke?

Yes.

How can I stay connected to friends and family?

You can talk on the phone with anyone on your approved contact list. We also do outings to a computer lab every week or two.

We have monthly graduation feasts where you can invite your friends, family and community supporters.

you can arrange to go out with an approved contact on a Day-Off or weekend pass.

What if I want to leave?

Before you move in we set out an Early Exit Plan, as a safe plan if you choose to leave before the end of the program.

What is expected of me?

YBL has some general rules + responsibilities that you are expected to respect for the safety and well-being of the Lodge.

We expect you to do your best to participate in programming and stay in communication with staff if you need to take a break or want to pass on certain activities.

How do I apply?

Contact us at: 604-322-7577 or ybl.intake@unya.bc.ca or through the Vancouver Coastal Health CAIT Team at: (604) 675-2455 extension 22501

What do I do if I'm not ready to come to Young Bears Lodge but still need support?

- UNYA – UNYA Counselling Services (604-254-7732)
- UNYA – Outreach Services (604-254-5147)
- UNYA – Native Youth Health and Wellness Centre (604-253-5885)
- UNYA – Aboriginal Safe House (1-877-223-4321)



YOUNG BEARS LODGE



Urban Native Youth
Association

Vancouver
Coastal Health
Promoting wellness. Ensuring care.