

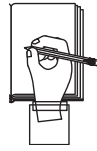


# The Caregiver's Guide to Supporting Youth During Residential Treatment

## WHAT WE OFFER

### SUBSTANCE ABUSE TREATMENT

Youth work with counselors specializing in substance abuse treatment. They also attend weekly groups based on the Red Road to Wellbriety.



### MENTAL HEALTH TREATMENT

Youth work with their therapist to develop a treatment plan just for them. All staff are trained to reinforce the skills youth learn in their sessions.



### AFTERCARE

An aftercare plan is developed together with the YRTC and the youth's local behavioral health department clinic. An Aftercare Coordinator works with the youth and family beginning at admission and following discharge.



### MEDICAL CARE

Some medical care is provided on-site. Youth receive primary health, vision, and dental care as needed. Psychiatry is offered in-house via in-person and telemedicine appointments.



### FAMILY INVOLVEMENT

Family members are encouraged to attend family counseling sessions with their child. Family visits are arranged throughout the youth's treatment and can be done remotely.



### EDUCATION

Teaching staff provides individual assistance on site with an online curriculum. YRTC class credits can be transferred. Students can also catch up on class credits during their stay.



### CULTURAL OPPORTUNITIES

Activities include pow-wows, traditional arts and crafts, drum circles, and museum visits. Elders perform ceremonies with the youth at our sweat lodge on-site. Blanket ceremonies are used to celebrate milestones.



### RECREATION

During free time, youth can watch TV or visit the art room, recreation room, weight room, or gym. The grounds also have an outdoor basketball court, sports field, and a walking path.



## TREATING ADDICTIONS

Many factors contribute to substance use, including trauma, genetics, and the environment.

When someone is addicted, they drink or use more drugs even when they don't want to and even when it causes them harm.

Drugs and alcohol cause changes in the brain that affect how people learn, remember, and make decisions. These changes can be long-lasting, but people can learn to manage their addiction and heal.

While in treatment, your child will:

- Learn what contributed to their substance abuse
- Develop healthy habits for the mind, body, and spirit
- Learn the skills needed to build a life without drugs and alcohol

## COMMITMENT

Commitment is required from the youth, the family, the YRTC staff, and the community to help the youth make changes.

Supporting your child's journey to wellness may include seeking services for yourself or the family.

Treatment begins with a  
decision  
to make your life different.

Sometimes youth don't want to go to treatment, or their caregivers worry about sending them. Treatment can still work when there is reluctance, but it works best when everyone agrees that it is the right decision for them.

People do get better, but sometimes setbacks happen. Making mistakes is a part of everyone's journey regardless of addiction. The YRTC staff help prepare youth and families for the challenges that lie beyond their care at the YRTC.



# SUBSTANCE ABUSE AND MENTAL HEALTH TREATMENT

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Treatment lasts about four months. Residents have one-on-one counseling and several group therapy sessions each week. The groups include Medicine Wheel and the 12 Steps, Dialectical Behavioral Therapy, and aftercare skills.



Medication may be recommended to assist with some mental health conditions. Before a child is prescribed medication, the risks, benefits, and potential side effects, as well as alternatives, will be discussed with the youth and guardian.



In treatment, youth work through issues and develop new habits. This can be challenging for them. Sometimes they want to leave treatment when things get hard. Staff work with youth to build motivation and encourage perseverance.



Youth will need to continue treatment in outpatient therapy after they are discharged from the YRTC. Relapses can happen to anyone. Planning ahead reduces this risk. Youth can remain in contact with the YRTC staff for support and encouragement.



# HEALING WITH CULTURE

An advantage of receiving treatment at the YRTC is the special emphasis on Native American traditions. We believe that culture can be a path to healing.

Weekly 12 Step groups are based on the Red Road to Wellbriety. Other cultural activities on and off site support this treatment. Sweat lodge ceremonies are held onsite. Pow-wows, museum visits, and educational trips take place off-site.

We recognize that each Tribe has different traditions and beliefs. With the help of our Cultural Specialist, we welcome the opportunity to incorporate these beliefs into treatment.

Blanket ceremonies are held to honor residents who successfully complete treatment. Families are invited to attend this ceremony. The YRTC staff and residents also enjoy a meal together picked by the graduating youth.

Culture is infused into treatment and in the rhythm of everyday life. Residents are able to:

- smudge to start their day in a good way
- create traditional arts and crafts
- meditate and hear from elders in a sacred space
- learn beading designs
- enjoy Native cuisine
- participate in drum circles



# DOES MY CHILD NEED TREATMENT?

Young brains continue to develop well into adulthood, in particular the parts of the brain responsible for making decisions and controlling impulses.



When adolescents use drugs and alcohol regularly, their brains develop differently. These differences can harm their social, emotional, and intellectual development.

The staff at the YRTC can answer your questions. They can give you the information you need to decide if treatment is right for your child.

Your child may need treatment if they are struggling with any of these things:

- have been drinking or using drugs for a while
- use substances often or in large amounts
- have a mental health condition or trouble managing their emotions
- need help finding motivation to change and commit to healing
- have tried to stop but can't do it on their own
- have people, places, or things in their daily life that influence them to drink or use drugs

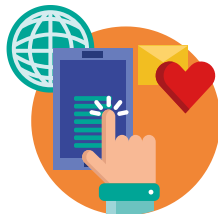


## FAMILY INVOLVEMENT

Caregivers can support their child's treatment in a variety of ways.

- Call or visit with your child
- Attend 12 Step or Al-Anon meetings
- Participate in family therapy with your child
- Attend family support meetings like Positive Indian Parenting or Mothers and Fathers of Tradition
- Send mail or care packages
- Offer prayers and other demonstrations of community support
- Celebrate recovery milestones

The YRTC staff can help you find available resources in your community.



## FREQUENTLY ASKED QUESTIONS

How do I stay in contact with my child while they are at the YRTC?



Youth and families need time to adjust to the youth being in treatment. This adjustment period usually lasts about two weeks. During that time we suggest that youth do not make or receive phone calls. Caregivers can speak to YRTC staff and ask for updates on their child at any time. Exceptions to these rules can be made—especially for family emergencies.

After the adjustment period, youth can make phone calls to people listed on their approved contact list.



## FREQUENTLY ASKED QUESTIONS

Who is my child allowed to have contact with?



Each youth has an approved contact list. Contacts are agreed upon between the resident's caregivers and therapist. All calls are dialed by a staff member and are monitored.

Residents can call or write to anyone on their approved contact list. Residents have access to letter-writing materials including stamps, writing paper, and envelopes.

Will my child still go to school?



The teaching staff at the YRTC use a virtual curriculum to meet the youth's individual learning needs. Transcripts are used to determine which credits are needed to continue academic progress. Credits are earned for successful completion of courses and transcripts are given at discharge.

Many residents find they can recover credits and further their education. Some youth graduate high school, apply for college, or learn job skills while at the YRTC.





## FREQUENTLY ASKED QUESTIONS

What is the Level System?



The YRTC has a level system that helps residents make progress in treatment. Youth move up the levels as they demonstrate recovery skills. Each level has increased privileges. All residents begin at level one. Youth must complete all five levels to graduate the program.

Levels require that youth actively participate in their recovery. When youth are working through a level, they positively engage with their peers and staff during groups, work with their individual counselor on personal treatment goals, make progress with school work, and complete required daily activities.

Do residents have free time?



During their unstructured time, youth can watch TV, play games, or visit recreation rooms including an art room, weight room, or gymnasium.

The grounds also have an outdoor basketball court, sports field, and a walking path.

Time to play video games or attending off-site outings is earned as youth progress through the level system. Computer time is monitored by staff and social media is not allowed.



## FREQUENTLY ASKED QUESTIONS

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Who can visit  
my child?

Family members and caregivers can visit their child at the YRTC. Visitors under the age of 18 have to be accompanied by an adult.

It is also possible for residents to earn a day pass to leave the treatment center for an outing with family or their caregivers. This normally happens later in treatment.

What should I expect  
when my child returns  
home from the YRTC?

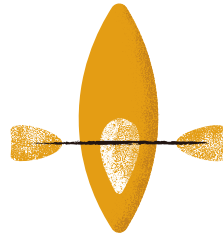
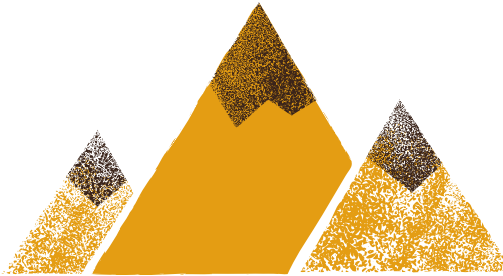


Residents gain many recovery skills while in treatment at the YRTC. During their stay your child will also learn to communicate better, set boundaries, and tolerate stressful situations without using substances.

Most youth do need ongoing support after they leave the YRTC. An Aftercare Coordinator will help your child connect with a counselor and 12 Step recovery group in your local community. That does not mean treatment did not work.

Addiction affects people for a long time. The ongoing support helps reinforce the healthy habits learned.





## TO CONTACT

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