

Benefits of RedPath Addictions Treatment

All on-reserve participants from Coldwater, Shackan, and Nooaitch have the opportunity to receive one to one counseling/support from Scw'exmx Mental Health & Addictions counsellors. This one to one support can continue after treatment as after care.

RedPath "Addictions Treatment Program" offers each individual a chance to build healthy, supportive relationships with others in the community.

Attending this community-based "Addictions Treatment Program" means you do not need to leave your busy life or your community to attend treatment. Having treatment provided within your own community also means you can learn ways to cope with every day problems as they come up.

For More information regarding the **RedPath Addictions Treatment Program** or to register for the next program please contact our office at **250-378-9745**



Scw'exmx Community Health Services Society

P.O. Box 3090
Merritt, BC
V1K 1B8

Phone: 250-378-9745
Fax: 250-378-4962
E-mail: reception@schss.com

*Scw'exmx Community
Health Services Society*



ADDICTIONS TREATMENT PROGRAM



All Redpath programs are group based programs designed to be delivered within each community. Each cycle last approximately 12 weeks based on two sessions per week. These closed groups consist of 6-12 participants. It is possible to take each program more than once. Scw'exmx Community Health would like to meet each community's specific needs therefore both day & evening programs are available. These programs are specifically designed for First Nations communities and are delivered by trained First Nations facilitators.

The Redpath Addictions Treatment Program is a closed program that runs for 21 sessions with a maximum of 12 participants. This program is for individuals who wish to increase their awareness of addictive patterns and how addiction has affected all aspects of their lives. This program offers skills to address the underlying problems associated with addictive behaviors. Through the use of traditional stories and teachings participants will learn to identify, understand, distinguish & label emotions, gain the ability to tolerate stress & control impulses, resolve conflict, practice empathy, work on communication skills and learn responsibility. Participants will be given the opportunity to express their thoughts and feelings through portfolio assignments and group discussions throughout the program.

Some of the program topics include the following: overview & outcomes of addictions, identifying learned behaviors, problems with immediate gratification, recognizing patterns, mapping destructive patterns, taking ownership, examining self-image, examining shame & guilt, building trust, learning how to problem solve, understanding power & control, exploring acting vs reacting, identifying and managing emotions, developing effective communication, learning about stress management & guided imagery, exploring intimate relationships, honesty & friendships, taking responsibility, goal setting, planning for obstacles, dealing with setbacks, building a support network and practicing skills learned.

