

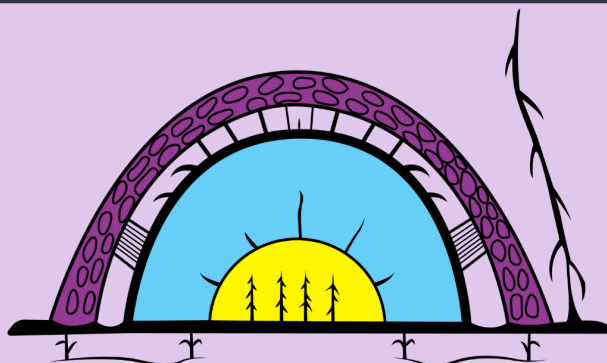
Ngwaagan Gamig Recovery Centre Inc.

RESOURCE GUIDE

Welcome

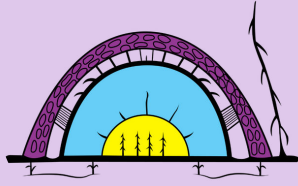


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Contents

Welcome	Page 3
Vision & Mission	Page 4
Organization Background	Page 5
Strategic Goals	Page 6
Continuum of Care, Addictions Services	Page 7
Counselling	Page 8
Programming Overview	Page 9
Residential Addictions Treatment Program	Page 10
Healing through Compassion (forgiveness) and Rebraiding our Sweetgrass (5day programs)	Page 11
Naa ba doo gan services	Page 12
Character Strengths & Expressive Arts.....	Page 13
Community Program and Supports	Page 14
Individual Sessions with Traditional Elder	Page 15
Wellbriety	Page 16
Partner Assault Response program	Page 17
Accreditation	Page 18
Program Application Process	Page 19
Native Wellness Assessment	Page 20
Meet our Team	Pages 21-24
Board of Directors	Page 25
Contact Information	Page 26



Welcome

Aahnii

Thank you for considering Ngwaagan Gamig Recovery Centre Inc. Our aim is to continuously improve wellbeing. As a guide along a short part of your journey, we are excited to welcome you, exchange sharing, and celebrate you as you make more positive changes in life.

We offer culturally-based programming and services that utilize approaches geared toward healing and wellness at the core. Rooted in the teachings of the 7 Grandfathers - Wisdom – Love – Respect – Bravery – Honesty – Humility & Truth, our team offers services and support for our community, its people, and people beyond our community.

As one of many resources in our community, we encourage you to reach out by calling 705-859-2324 for support, inquiry, learning, and sharing.

Respectfully,
Rolanda Manitowabi
Executive Director



Vision & Mission

Vision

- Our vision is to empower individuals and families toward a healthy lifestyle, healing and wellness, through education and utilizing cultural holistic approaches.

Mission

- To help individuals develop the skills that help to deal with the effects of substance abuse.
- To assist individuals, families, and the community with understanding the impacts of alcohol and drugs.
- To work with individuals and families in developing effective problem-solving and social skills to influence living a drug-free life.
- To support the understanding of the community's traditional values and beliefs in order to foster healthy families and a healthy community.
- To work collectively with community groups to define and implement programs within the community that will ultimately lead to healthier families and a healthier community.
- To encourage ongoing healthy living through after-care and follow-up programs and services.

Organization Background

Background 1976

Rainbow Lodge commenced operations in the community of Wikwemikong in September 1976 as an alcohol treatment center and operated an 8 bed facility. In 1992, under the support of Wiikwemkoong, the organization incorporated as Ngwaagan Gamig Recovery Centre Inc. and is governed by an elected Board of Directors. A new facility was built and began servicing individuals living with both alcohol and drug challenges. In 2008, the organization became accredited through Accreditation Canada, and has maintained this status to date.

By 2012, the programs and services were modernized and recognized as a culturally-based polysubstance abuse treatment facility.

Current day

In 2019, with much collaboration, advocacy, and support, Ngwaagan Gamig Recovery Centre Inc. was granted capital funding by FNIHB, Indigenous Services Canada, to build a new 20 bed healing lodge. By the end of 2021 the new healing lodge was completed. Community members, both Elders and youth, came together and named the new facility Jiingaabe Noojmoo-gamik, or Spirit Healing Lodge. In early 2022 we opened our doors to Residential Treatment clients in our new building.

The former residence has now been renovated and we hope to repurpose it as a residential transition home for pretreatment services.



Strategic Goals

April 2023 - March 2028

Goal # 1: To provide culturally-based addictions treatment, prevention services, and wholistic healing services.

Goal # 2: To ensure client and workplace safety.

Goal # 3: To support an environment of growth and possibility

Goal # 4: Community development: to network, develop partnerships, and work in collaboration with other agencies and stakeholders.

Goal # 5: To expand services to include longer term outpatient wholistic healing counselling services that address past trauma – Naabadoogan Services, to provide family treatment programming and land based programming.

Goal # 6: To ensure good governance with quality administration and operations

CONTINUUM OF CARE FOR ADDICTIONS SERVICES

COMMUNITY DEVELOPMENT & PRE-TREATMENT

- Community Programs
- Assessments
- Referrals to other services as needed, i.e. detox, crisis, hospital
- Pre-treatment activities, i.e. goal setting, journaling, activities, support groups, traditional teachings, education sessions
- Case Management

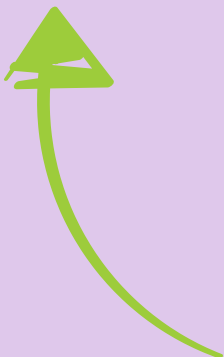


CONTINUING CARE & MAINTENANCE

- Support Groups
- Maintaining spiritual enhancement
- Modify goals
- Follow up services
- Elder Services
- Engagement in care plans

TREATMENT

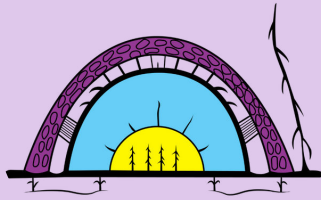
- Residential Treatment Program
- Out-Patient Program
- Healing Through Compassion Program
- Grief & Loss Program
- Naabadoogan Services



AFTERCARE

- Wellness Planning
- Structured Relapse Prevention Program
- A.A. Meetings, other Self-Help Groups
- Traditional Services
- Counselling
- Goal-Setting
- Wellness Activities
- Referrals to Specialized Services





Counselling

Counselling can help a person get clearer about feelings and emotions, put thoughts and ideas in perspective, help with addressing situations. Counsellors can share ideas, options, and practices for developing new skills to deal with something or ways to improve one's current life.

Counselling supports self-acceptance and self compassion. Setting goals and sharing achievements can help boost your way toward achieving your dreams.

Through the counselling process, triggers can be identified and effective responses planned which can help support wellbeing and build confidence. Utilizing various tools and assessments can help you uncover your strengths, values, set goals, and create plan for your life purpose. Formulating plans and achievable steps toward aspirations can result in progress toward meaning and happiness.

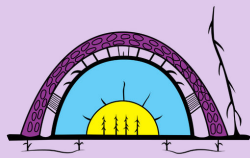
Sharing in circles and groups helps us connect to spirit, gain inspiration from others, and clarify more of what we are blessed with and what we want in life.

Counselling can help create a starting point to reflect on balance in life, including habits of self care, journaling, creative self expression, playing. Counselling can help validate and resolve your grieving process, Sometimes, life gets challenging. Counselling can help us through difficult periods and help us move toward what we imagine our life can be.

Starts with you

When we change ourselves, everything around us changes.





Programming Overview

The team at Ngwaagan Gamig Recovery Centre Inc. serve the community. Service includes listening, counseling, encouraging, offering of options, peer support, group programming, cultural teachings, and coordinating and collaborating community programs and services.

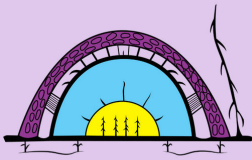
Staff deliver substance education sessions, school programming, detox referrals, referrals to treatment programs, offer pretreatment services, guide treatment programs, relapse prevention, and programs to facilitate healing and wellbeing. In an effort to encourage overall community wellness, Ngwaagan Gamig Recovery Centre Inc. also provides workshops, groups, sessions on life-skills, culture, self expression, as well as supports groups.



Staff must also ensure effectiveness with skills in facilitation and counselling, ensure accuracy in assessments, case notes and documentation, record-keeping, and be open to receiving feedback through evaluations.

Training and ongoing professional development is strongly encouraged.





Residential Addictions Treatment Program

Adults who are 18 years of age and over are eligible to apply for the 26-day addictions treatment program. We accept applications from those self-referred, referred through social services, NNADAP, or other community services and the like.

The 26 Day Program:

The teachings of the 8-point star and cultural re-storying are the foundation upon which the treatment process builds. Each week includes:

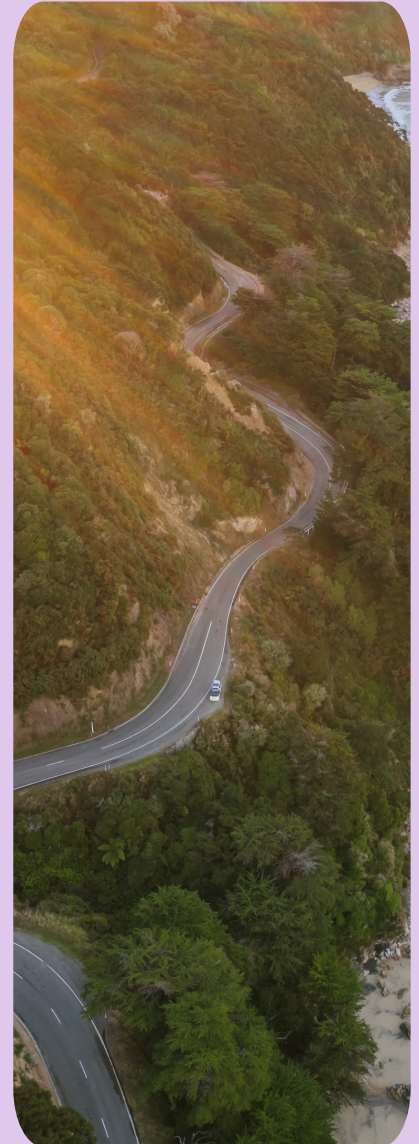
- a) teachings on two of the Seven grandfathers and teachings about the journey to your heart;
- b) ways to become more aware of your own story during life stages, then, reframing your story to one of strength and resilience;
- c) understanding background contributions to life learning, your own character strengths, effects of substance misuse, power in changing your internal dialogue;
- d) cultural teachings; and
- e) learning skills to identify triggers and new strategies to address challenges.

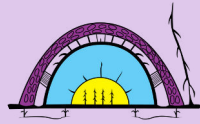
Participants are encouraged to trust the process. Those that complete the program find effectiveness and personal growth with understanding more about who they really are, what has contributed well to their life, what they wish to change, and in shifting their perspectives while developing a wellness plan.

Emotions associated with gratitude, confidence, positive change, and pride are often expressed upon completion of the program.

Outpatient Treatment

Occasionally, a 10-12 week individual outpatient treatment program is also offered for those in the community unable to attend the full four week program.





Healing Through Compassion

A 5-day Residential program focusing on a path to forgiveness. Participants will experience a journey of self-inquiry, healing, forgiveness, and moving forward, all while learning to live a more holistic lifestyle and finding inner peace.

PARTICIPANTS MUST BRING:

- A DESIRE TO HAVE POSITIVE CHANGE
- A DESIRE TO WORK THROUGH THE PAST
- A WILLINGNESS TO LISTEN & LEARN
- A COMMITMENT TO COMPLETE THE JOURNEY

“Sometimes our braids fall apart, our strands fall off and that’s okay. When we reconnect with our mind, spirit and body, we begin our healing.”



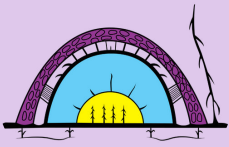
Rebraiding Our Sweetgrass

A culturally based 5 day healing journey from grief & loss.



Topics covered throughout the week:

Different types of grief
What does grief look like?
Normalizing the waves of grief
Grief is not only the loss of loved ones
Sweetgrass teachings
Helpful ways to live with grief
Timeline of losses
Blanket Teaching + Ceremony



Naabadoogan: Connecting the Past, Present, and Future

The Naabadoogan program is a specialized program focused on healing the traumatic effects of childhood sexual abuse. Sexual abuse causes disconnection by wounding a person's spirit, keeping them from connecting and fulfilling their purpose. But healing is possible!

Created by Ngwaagan Gamig Recovery Centre Inc., the program follows the teachings of the butterfly and the stages of transformation.

This intensive, outpatient program begins with a one on one intake, followed by 18 months to 2 years of in-person counselling and sessions geared toward wholistic healing.



Counselling

Stabilization (eating, drinking, clothes, housing)

Safety

Addressing hypervigilance

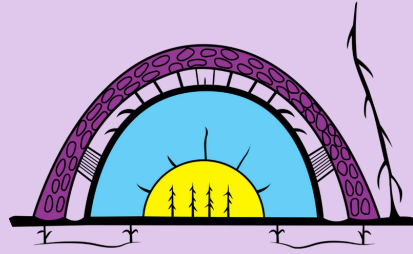
Coping skills (nightmares)

Emotional Regulation

Psychoeducation on different kinds of abuse

Educate on trauma response

Self empowerment, self-efficacy, and self-care



Character Strengths

Utilizing the science based inventory of character strengths, developed by Seligman and Peterson, these 24 strengths were seen across cultures.

At NGRC, we modified the inventory to include the grandfather teachings. Each of the 27 strengths and values exist in each of us.

The use of this inventory introduces clients to their own character strengths. Learning how strengths are used and when, spotting strengths in others and in community, helps us develop a truer perspective of our environments and within our relationships.

Expressive Arts



Expressive arts allows for a nonverbal form of communication and self-reflection. It encourages people to expand how they convey ideas and emotions, process complex feelings. Creative endeavors will enable us to undergo a shift in self-discovery and understanding. Creativity becomes a pathway to self expression, a need of the spirit.

Community Programs & Supports

Support Groups & Sharing Circles:

Support groups are usually held every Thursday, generally a discussion topic or activity is presented followed by sharing. The sharing circle has been repeatedly rated by past clients as one of the most beneficial aspects of the treatment process.



Substance Education Sessions

Learn more about the effects of alcohol or specific drugs or process addictions by attending an education session: topics include, effects of alcohol, cocaine, cannabis, opioids, gambling

Community Wellness and Cultural Programming:

Various types of cultural teachings, workshops, sessions, programs, presentations, activities, and events take place at Ngwaagan Gamig Recovery Centre Inc.

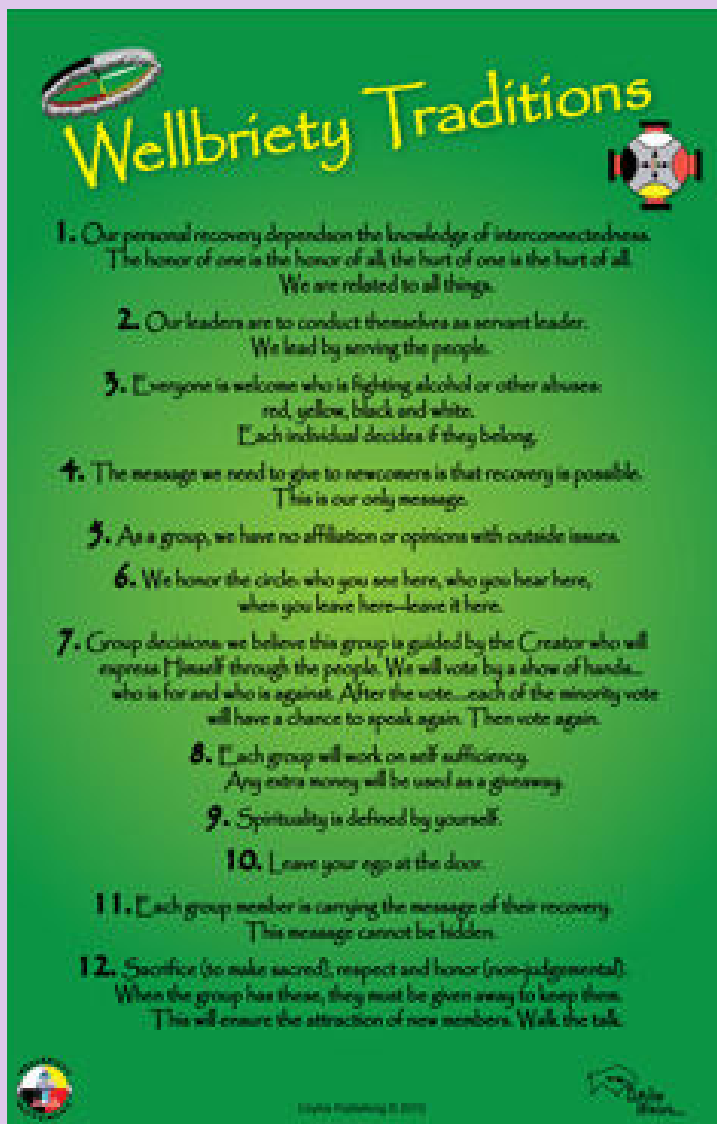
With everchanging schedules, it is best to like and follow our Facebook and Instagram pages at Ngwaagan Gamig Recovery Centre Inc. and/or contact us for information, dates, and times of our programming.

Community Programs & Supports

WELLBRIETY

Vision: A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.

Mission: Disseminate culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma.



WELLBRIETY MOVEMENT

To be sober and well. That's what White Bison wants for our community, that's why we're a proud facilitator of the Wellbriety Movement. We must find sobriety and recover from the harmful effects of drugs and alcohol.

WELLBRIETY MOVEMENT

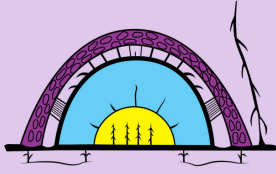
The “Well” in Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday. Many use White Bison’s healing resource products, attend its learning circles, & volunteer their services to help themselves and others achieve wellness.

Individual Sessions With Our Traditional Elder, Richard Assinewai



**BOOK YOUR
IN-PERSON
APPOINTMENT
TODAY**

**Please book your
appointment through
Ngwaagan Gamig Recovery
Centre Inc. directly by
calling 705-859-2324
A one time intake
application is required prior
to the appointment.**



Partner Assault Response (PAR) Program

This educational program is offered to those referred to learn more about the impacts of domestic violence . This is a court-ordered program.

The PAR program consists of education on various topics including:

- *respectful communication*
- *dealing with conflict*
- *taking responsibility for actions*

The PAR program helps participants:

- *better understand domestic violence and abuse*
- *learn non-violent strategies and skills to engage in healthy relationships*
- *become aware of personal triggers or warning signs that lead to violent behavior*



Accreditation :

Ngwaagan Gamig Recovery Centre Inc., since 2008, has also been an accredited facility, a credential earned through Accreditation Canada. This means that services, programs, ways of doing business has been reviewed by external surveyors to ensure processes are in place that meet critical and non critical standards of practice.

Being accredited means Ngwaagan Gamig Recovery Centre Inc. is internationally recognized for its commitment to standards of excellence and continuous improvement. Accreditation Canada assures stakeholders, third-party payers, governmental agencies, and the public that Ngwaagan Gamig Recovery Centre Inc. demonstrates accountability, transparency, and conformance to accepted standards that promote excellence in health care services and Aboriginal Health services.

As part of the ongoing accreditation process, our staff open their doors to the accrediting body's team and host onsite visits and evaluations. A number of practices are scrutinized—including the organization's day-to-day operations, aspects of the facility's management, staffing, training, policies and procedures, safety plans, client residential areas, treatment areas and equipment, programming schedules, and the effectiveness of the clinical services and therapies.

Thus, accredited treatment programs ensure the following:

- A person-centered approach to client care
- Safe rehabilitation practices
- Adherence to policy and procedure standards
- Integrated services and a coordinated plan of care
- A staff that meets the training standards for the delivery of addiction
- A facility emergency plan that meets the health and safety standards
- Documentation, critical incident reports, and emergency drills
- A focus on quality improvement activities

Accreditation is evidence that our organization strives to improve efficiency, fiscal responsibility, consistency, excellent service delivery, creating the background and basis for client safety to receive services and participate in programs.

Client Application Process:

1. Intake application package completed for all clients
2. Medical form for residential services
3. DUSI-R Assessment:
4. Drug-Use-Screening- Inventory, Revised
5. Native Wellness Assessment (NWA)

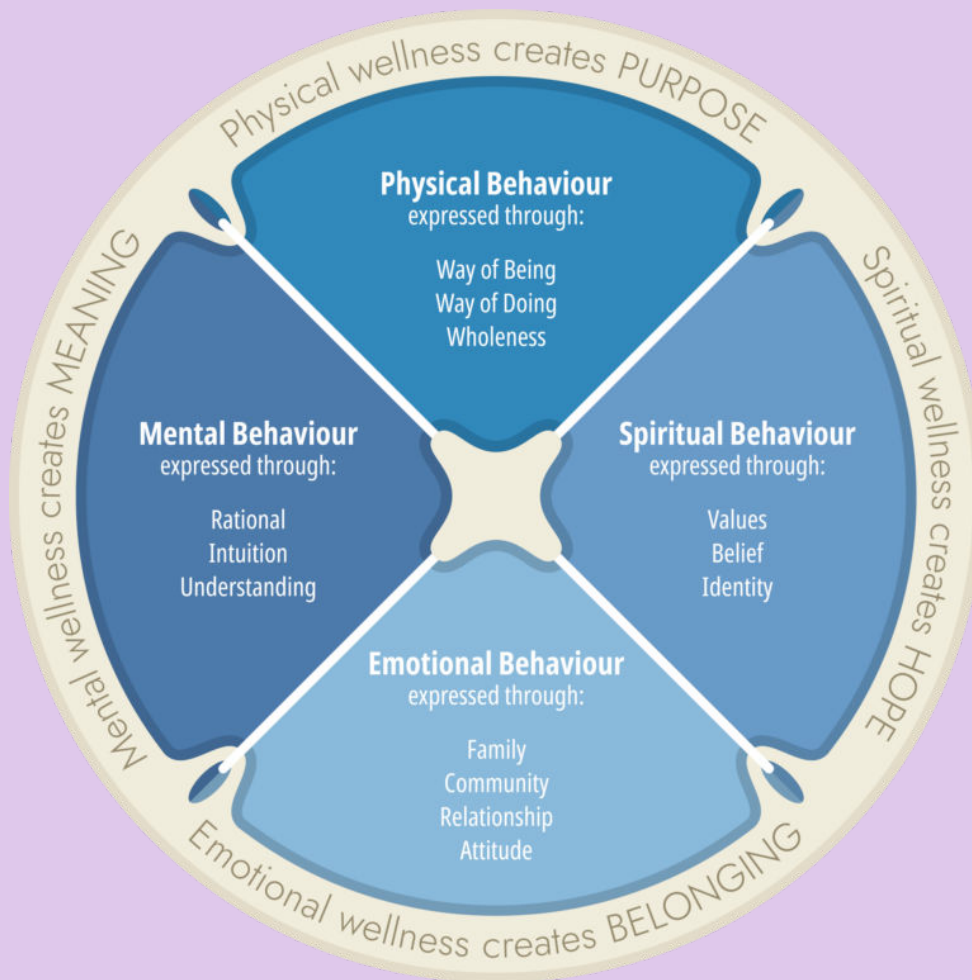
Once a request for service is made, a counsellor will be assigned to assist with the intake package, assessments, and work with the client to develop the plan of care.

Or, once the intake package is received for one wishing to attend the residential programs, the intake worker will coordinate the review of information for management to review the application for suitability to our program(s). If approved, the next available bed will be assigned and the client is expected work toward readiness to come into treatment.

To download your application, visit www.ngwaagan or call us at 705-859-2324 or Toll Free: 1-877-946-2242 or 1-877-NGWAAGAN



Native Wellness Assessment:



The organization has chosen the use of the Native Wellness Assessment, NWA.

The Native Wellness Assessment, developed by the Thunderbird Partnership Foundation, has been validated in First Nations treatment centres across the country. This tool helps measure the impacts of cultural activities on various indicators related to levels of hope, meaning, purpose, and belonging. Comparative reports can also be obtained to look at changes over time.

Support Staff



Audrey Ozawabineshi



Bonita George



Tammy Lewis



Wesley Cleland



Samson Trudeau



Micheal Guerard

Support Staff



Nicky Recollet



Venancio Salas



Janet Giroux



Bernice Taigaiwenene



Trinity Henry



Natalia Arabadzhyi

Counselling & Program Staff



Donna MacDonald



Mary Ellen Kitchikake



Martha McLeod



Yvonne Recollet



Alycia Shawana



Norma-Jean Dokum



Julie Eby



Theresa Stewart



Kim Kitchikeg



Agnes Nambalirwa



Miranda-May Deveau

Administration & Management Team



Rolanda Manitowabi
Executive Director



Alfreda Trudeau
Assistant Director



Christopher Johnston
Treatment Program Manager



Yvonne Pangowish
Executive Assistant



Melanie Knight
Human Resources Support



Giselle Eshkawkogan
Receptionist

Board of Directors



Patrick Fox, President

June Manitowabi, Member

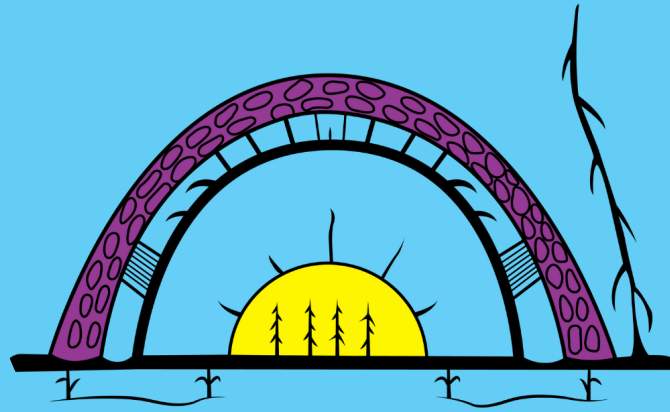


Sheri Mishibinijima, Member

Jocelyn Bebamikawe, Member



Cheyenne Kitchikake, Member



Miigwetch Thank You

Contact Information :



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