

AUTHENTICALLY SERVING
One Person



HERITAGE
FAMILY SERVICES

#300, 4825 - 47 St. Red Deer, AB, T4N 1R3

Trauma Informed Care for Children
Rooted in Attachment
Culturally Sensitive

www.heritagefamilyservices.com

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*Heritage Family Services has been accredited by the
Canadian Accreditation Council of Human Services*



A message from...

Justin Hubert, President & CEO

I asked the question “*Why are you here?*” over 250 times while crafting the culture Heritage Family Services embodies today. The answers I received were personal and heart warming, meaningful and encouraging. The people on our team feel called to do this work and are compelled to help.

In addition to the strength of this passionate, creative, professional team at Heritage, we govern our organization based on these three primary principles:

First, Original Culture.

At Heritage Family Services, we are enthusiastically curious about a child’s original culture. As a team, we want to know and understand it, and we invite teachers and elders from their culture to mentor us in our care of **OnePerson**.

Second, The Three Pillars, and our response to each.

They are: **Grief and Loss** (*calling for our Compassion*), **Neurological Development** (*and an insatiable Curiosity for Learning*) and **Trauma Informed Practice** (*and the provision of Safe Healing Environments*).

Third, a Healthy Workplace.

We’ve worked tirelessly to create an environment for caregivers and professionals that allows them to take excellent care of **OnePerson**, while encouraging us also to care for each other. We add a bit (*or a lot*) of fun to our day-to-day operations, and encourage staff to develop healthy work and life balance.

I am deeply proud of this team, the level of relational care we model and the way we’re providing culturally sensitive care to children in our province.

Thank you for your interest in Heritage Family Services.
Reach out and connect with questions.
We’re here to serve.

Justin



River's Edge

"Through Choices, a Young Mind
Can Reach Self-Actualization"

River's Edge is seven (7) bed group home in Rocky Mountain House, AB that serves male youth with complex needs.

We offer a supportive, fun environment where male teenage youth can develop skills, have responsibilities, and make healthy choices to succeed in life. We provide a House-Parent approach that builds relationships day to day with youth, based on respect, honesty and integrity.

Our philosophy is:
Youth desire to succeed and will do better when we help them to remove obstacles in their way.

Age of Male Youth: 12 - 17 years old

Schooling: On-site, in-house school

Community Links: AADAC, Aboriginal Resource Centre, Library, Metis Links, Mental Health, Native Friendship Centre

Recreation: Community recreational outings include fishing and ice fishing, hunting and trapping, swimming and basketball, ice hockey and baseball, hiking, skateboarding and biking

Cultural Activities: Pipe ceremony every season of the year, Sweat lodges, Sundances, Pow Wows, Round Dances, Feasts with Traditional Foods, Skinning & tanning hides, Cutting up wild meat, making dried meat, Making drum(s) and doing Indigenous crafts, Traditions of praying and Traditional ceremonies after hunting.

Staff Training: Therapeutic Crisis Intervention (TCI), Suicide and Self-Harm Awareness (SafeTalk), Indigenous Teachings, Cultural Diversity, Medication Administration, First Aid

Therapy: Individual, Family, Group, and Suicide Risk Assessments

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.):

Outcome monitoring, Case planning, Goal creation and Attainment scaling

Admission Requirement: Delegation of Powers, Signed Consent, Information Consolidation, Reason for Referral, Client Demographics, Service Plan, Highlighted Client Special Needs

***Program Costs**

- Transportation 400km/month
- Program related recreation & travel
- Educational Costs & School Supplies
- Clothing

***Extra Billing for:**

- Any required 1 to 1 coverage
- Travel beyond 400km

** Note: Contractual Agreements may supercede these costs.*

** For per diem rates please call*

Central Referral at 1-403-505-3422

Highlights

- 60 day assessments
- 14 day emergency placements and stabilization
- Individual therapy and individual care plans and an on-site therapist
 - In-house school with one teacher and one teacher's aide
- Pre-vocational and Life skills training
 - Recreational activities
- Access to Elders and Indigenous Resource worker(s)



PAL Program

Preparing for Adult Living

Within 2 weeks we require: Basic start up costs, Furniture, TV, Electronics, etc. Kitchen setup, cell phone, clothing up to date

Basic Start Up Costs*:

- Rent (TBD) *Market Price
- Food \$500.00
- Utilities \$200.00
- Clothing \$100.00
- Spending money \$80.00
- Personal incidentals \$55.00

***Extra Billing for:**

- Crisis 1 to 1 workers @ \$30.00/hr
- Travel @ \$23.00/hr and \$0.505/km
- Community Based Assessments

** Note: Rent may be subject to change depending on the found living space, or future rent increase, etc.*

- For per diem rates please call

Central Referral at 403-505-3422

The Red Deer PAL Program is designed to provide support to youth, or expectant female youth who prove ready to move towards adulthood.

PAL operates in conjunction with our other programs, which acts as a support system for youth admitted to PAL. The program offers supportive services where youth can develop and practice adult living skills, learn how to secure suitable employment and encourage them to make positive choices.

Our model is based on approach the builds rapport with youth by establishing respect, honesty and integrity in relationships.

Age of Youth: 16 - 24 years, or expectant females in need of special care

Schooling: Community schooling available

Recreation: Occasional recreation outings with Heritage Families program staff

Reporting: Critical Incidents within 24 hours, Monthly progress reports, Care plans updated quarterly

Staff Training: Therapeutic Crisis Intervention (TCI), Suicide and Self-Harm Awareness (SafeTalk), Indigenous Teachings, Cultural Diversity, First Aid, Medication Administration

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.): Outcome monitoring, Case planning, Goal creation and Attainment scaling

Admission Requirement: Delegation of Powers, Signed Consent, Information Consolidation, Reason for Referral, Client Demographics, Service Plan, Highlighted Client Special Needs



Highlights

- Adult life skills training
- Bank account establishment
- Employment establishment
- Budgeting and expenditures
- Acquisition of a Photo I.D., SIN number and birth certificate, if needed



Oskayak

**"Nurture the Heart, Respect the Spirit,
Empower the Community"**

Oskayak is a three (3) bed caring home for youths recovering from addictions, in need of support and/or coming from an abusive or difficult background.

Mission Statement Our purpose is to provide a safe, healing environment where youth can experience nurturing support, and a chance to be kids. The environment will assist to guide residents of Oskayak, and when possible, the extended family, through a critical period in their lives.

We accomplish this by providing a professional team committed to the ideals of trauma informed and client focused care: treatment, education, structure, advocacy, and empowerment.

Above all, we respect the youth's relationship with their family, culture and community.

Age of Youth: 12 - 17 years old, Emergency receiving, Complex needs

Community Links: Native Friendship Centre, Alberta Health Services Youth Counseling (alcohol and drug addictions) Red Deer Public School division, Red Deer Public Library, Red Deer Regional Hospital

Recreation and Culture: Community recreational outings, cultural outings

Reporting: Critical incidents within 24 hours, Monthly progress reports, Care plans updated quarterly

Therapy: Individual, Family (if needed) and Suicide Risk Assessment

Staff Training: Therapeutic Crisis Intervention (TCI), First Aid, Indigenous Teachings, Cultural Diversity, Suicide and Self-Harm Awareness (SafeTalk), Medication Administration

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.): Outcome monitoring, Case planning, Goal creation and Attainment scaling

Family Involvement: Family Counselling, Family mediation, Involvement in Case planning, and Family Therapy

***Program Costs**

- Transportation 400km/month
- Program related recreation & travel
- Educational Costs and School Supplies
- Clothing

***Extra Billing for:**

- Any required 1 to 1 coverage
- Travel beyond 400km

** Note: Contractual Agreements may supercede these costs.*

- For per diem rates please call Central Referral at 1-403-505-3422

Solid Supports

- Individual Therapy
- Individual care plans for youth
- On-site therapist
- Life skills training
- Recreational activities
- Access to an Indigenous Resource worker



Heritage Assessment and Counseling Services

The Power to Choose Your Future



The Heritage Assessment and Counseling Services Centre is a structured therapeutic CO-ED environment that provides recommendations for appropriate placement and care based upon our range of expertise and assessment services.

Our professional team are positive role models and advocates who model trauma informed practice and who are respectful of our children and youth, and their families and culture.

Age of CO-ED Youth: 12 to 17 years old

Assessment (40-60 days) with mandatory stabilization (30 days)

Schooling: On-site, in-house school

Community Links: School division, Library, Mental Health, Red Deer Native Friendship Society, Psychiatric referrals

Recreation and Culture: Community recreational and Cultural outings

Assessment: Educational, Psychological, and Behavioral

Reporting: Critical Incidents within 24 hours, Monthly progress reports, Care plans updated quarterly, Discharge Summary

Staff Training: Therapeutic Crisis Intervention (TCI), Suicide and Self-Harm Awareness (SafeTalk), Indigenous Teachings, Cultural Diversity, Medication Administration, First Aid

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.): Outcome monitoring, Case planning, Goal creation and Attainment scaling, Discharge Summary

Admission Requirement: Information Consolidation, Delegation of Powers, Reason for Referral, Client Demographics, Signed Consent for Services, Intake Conference, Highlighted Client Special Needs

At HAC, relationships come first! Staff and kids in care enjoy recreational activities out in the community every day together.

*Program Costs

- Transportation 400km/month
- Program related recreation & travel
- Educational Costs and School Supplies

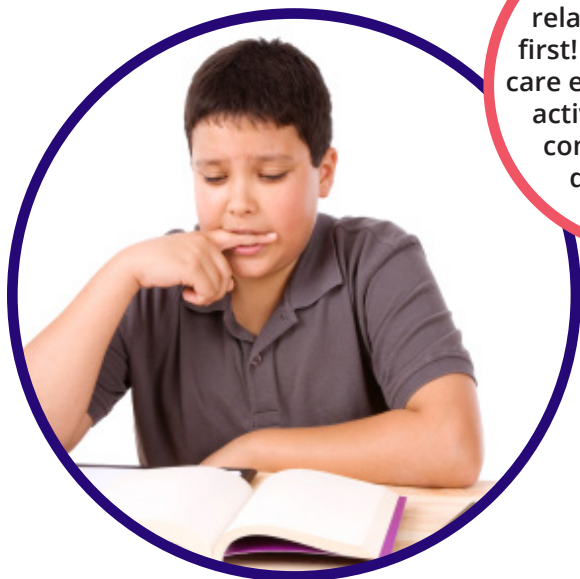
*Extra Billing for:

- Any required 1 to 1 coverage
- Travel beyond 400km

* *Note: Contractual Agreements may supercede these costs.*

* *For per diem rates please call*

Central Referral at 1-403-505-3422





Clearwater Lodge

"Building a Foundation
for a Stronger Future"

Clearwater Lodge is located west of the village of Caroline, AB. It is a three (3) bed specialized complex needs group care program for adults who have had little to no success in regular group care programs.

Our professional, dedicated team members assist children and youth in fulfilling their potential by building capacity for their future. The purpose of the program is to work with high needs individuals who, due to their unique needs are unable to remain in familial care, or are unable to be placed in a less intrusive environment, such as foster or kinship care.

Age of Male Youth: 18+ years old

Schooling: Community school with an educational program tailored to suit child's needs.

Community Links: AADAC, Aboriginal Resource Centre, Library, Metis Links, Mental Health, Native Friendship Centre

Recreation: Recreational and cultural outings within the community

Staff Training: Therapeutic Crisis Intervention (TCI), Suicide and Self-Harm Awareness (SafeTalk), Indigenous Teachings, Cultural Diversity, Medication Administration, First Aid

Therapy: Individual, Family, Group, and Suicide Risk Assessments

Cultural Programming:

Indigenous Teachings for staff to assist and support children in maintaining a connection with their cultural roots.

Access to Indigenous Resource Centre to help children learn cultural teachings: Medicine Wheel, Seven Sacred Teachings, Smudge, Sweat Lodge, etc.

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.): Outcome monitoring, Case planning, Goal creation and Attainment scaling

Admission Requirement: Delegation of Powers, Signed Consent, Information Consolidation, Reason for Referral, Client Demographics, Service Plan, Highlighted Client Special Needs

***Program Costs**

- Transportation 400km/month
- Program related recreation & travel
- Educational Costs and School Supplies
- Clothing

***Extra Billing for:**

- Any required 1 to 1 coverage
- Travel beyond 400km

** Note: Contractual Agreements may supercede these costs.*

** For per diem rates please call*

Central Referral at 1-403-505-3422

Youth in care have access to animals for comfort and hands on responsibilities. There is an activity shed full of games and fitness equipment and Clearwater is located only 20 minutes from the mountains. Residents at the Lodge often enjoy hiking and outdoor suppers on the firepit.

Heritage Families Foster Care - Red Deer

"Families Supporting Families"



The **Heritage Families Red Deer** program uses a team approach to support children and youth in home environments to develop their full potential. Each foster family and child is teamed with a family support worker, a therapist, an Indigenous Resource worker and a Program Coordinator.

The family support worker provides weekly contact with the foster parent(s). Support workers see each child at least every second week and takes each child over the age of 5 out for one on one time each month.

The therapist provides support to the team regarding the therapeutic needs of the children and have one therapy session monthly. Therapists send therapy summaries every fourth session. The support worker provides monthly summaries and a care plan every three months.

Age of Youth: 1 - 17, Emergency receiving and Individual Skills Assessments

Schooling: Community school with education programs tailored to suit child's needs

Community Links: AADAC, School division, Library, Metis Links, Mental Health

Recreation and Culture: Community recreational and family red outings, cultural outings, individual rec as identified.

Therapy: Individual, Family and Group Therapy

Family Involvement: Family counseling, involvement in case planning, family therapy

Reporting: Critical Incidents within 24 hours, Monthly progress reports, Care plans updated quarterly

On-Call Support: 24 hour On Call Support

Efforts to Outcomes (E.T.O.): Outcome monitoring, Case planning, Goal creation and Attainment scaling

Admission Requirement:

Information Consolidation, Delegation of Powers, Reason for Referral, Client Demographics, Signed Consent for Services, Intake Conference, Service Plan, Highlighted Client Special Needs,

***Program Costs**

- Transportation 200km/month
- Program related recreation & travel
- Educational Costs and School Supplies
- Clothing

***Extra Billing for:**

- Any required 1 to 1 coverage
- Travel beyond 200km

** Note: Contractual Agreements may supercede these costs.*

** For per diem rates please call*

Central Referral at 1-403-505-3422

