

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

Rocky PAL Program

Preparing for Adult Living

Our Rocky Mountain House PAL Program is a community collaborative program created to support male youth who demonstrate readiness to move towards adulthood.

The Rocky PAL program operates in partnership with our River's Edge program, which provides a support system for youth admitted into PAL.

The program offers supportive services for youth and an environment where they can develop and practice adult living skills. They are coached on securing suitable employment and encouraged to make positive choices which contribute to their success. This model is a House-Parent approach which builds relationships day to day with youth.

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

Age of Male Youth: 16 or 17 years old

Schooling: Community Schooling (*as desired*)

Recreation: Occasional outings with program staff

Staff Training: Care for Critical Behaviours (PACE), Suicide & Self-Harm Awareness (ASIST), Aboriginal Awareness, and 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

Cultural Outings Include:

Pipe ceremony with every season of the year;
Sweat lodges and Sundances;
Pow wows and Round Dances;
Feasts with Traditional Foods;
Skinning and Tanning of Hides;
Cutting Wild Meat / Making Dried Meat;
Making Drum(s) and Aboriginal Crafts;
Traditions of Praying and Traditional Ceremonies After Hunting



Program Coordinator:

Juan Alvarez

juan@

heritagefamilyservices.com

Therapist:

Arin Clarke

a.clarke@

heritagefamilyservices.com

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

Within 2 weeks we require: Basic start up costs*, Furniture, TV, Electronics, etc., Kitchen setup, Cell phone, and Clothing up to date.

* Basic Start Up Costs

- Rent (Market Price)
- Food (\$400.00)
- Utilities (\$200.00)
- Clothing (\$75.00)
- Spending Money (\$65.00)
- Incidentals (\$21.00)

* Extra Billing For:

- Crisis 1 to 1 Workers @ \$23.08/hr
- Travel @ \$19.94/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.

Solid Support

- adult life training skills
- set up bank account
- find employment
- basic budgeting
- obtain government I.D including photo I.D, S.I.N. number and a birth certificate, as needed

For diem rates: please call Juan 1-403-845-8070 or call Central Referral at 1-403-505-3422



River's Edge

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

Program Coordinator:

Juan Alvarez
juan@

heritagefamilyservices.com

Therapist:

Arin Clarke
a.clarke@

heritagefamilyservices.com

Staff Training: Care for Critical Behaviours, Suicide & Self-Harm Awareness, Aboriginal Awareness, First Aid
Therapy: Individual, Family, Group, and Suicide Risk Assessments

On-Call Support: 24 hour On Call Support
Efforts to Outcomes (E.T.O.):

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 Aboriginal crafts, Traditions of praying and Traditional ceremonies after hunting.

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 Juan at 1-403-845-5197, or Central Referral at 1-403-505-3422*

Equine

Assisted Therapy

is available at 'Wendy's Turn Around Ranch' as an additional therapeutic modality for youth.

The cost for this service is \$35.00/hr and sessions are about 60-90 minutes/week.

Highlights

- 35 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 Aboriginal Resource worker(s)

TPAL Program

Transitioning to Prepare for Adult Living



Program Coordinator:
Colton Craner
c.craner@
heritagefamilyservices.com

Therapist:
available as required

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 \$400.00
- Utilities \$200.00
- Clothing \$75.00
- Spending money \$ 65.00
- Personal incidentals \$21.00

***Extra Billing for:**

- Crisis 1 to 1 workers @ \$23.08/hr
- Travel @ \$19.94/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 1-403-505-3422

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

TPAL operates in conjunction with our Oskayak program, 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 Female 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: Care for Critical Behaviours (PACE), Suicide and Self-Harm Awareness (ASIST), Aboriginal Awareness, 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

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"



Program Coordinator:
James Toews
j.toews@heritagefamilyservices.com

Therapist:
Beverly Keeshig-Soonias
beverly@heritagefamilyservices.com

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

Staff Training: Care for Critical Behaviours (PACE), Suicide and Self-Harm Awareness (ASIST), Aboriginal Awareness, and 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

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 James at 1-403-598-3214
or Central Referral at 1-403-505-3422*

Oskayak is a six (6) bed caring home for female 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 Female Youth: 12 - 17 years old, Emergency receiving, Complex needs

Schooling: On-site, in-house school

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

Solid Supports

- Individual Therapy
- Individual care plans for youth
- On-site therapist
- On-site in-house school with one teacher and one teacher's aide
- Life skills training
- Recreational activities
- Access to an Aboriginal 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 or 17 years old

Emergency Receiving (7-14 days)

Stabilization (7-14 days)

Assessment (35 days)

Schooling: On-site, in-house school

Community Links: AADAC, School division, Library, Metis Links, Mental Health, Red Deer Native Friendship Society, Safe Harbour Society, Boys and Girls Club, Psychiatric referrals

Recreation and Culture: Community recreational and Cultural outings

Assessment: Family, Educational, Psychological, and Behavioural

Program Coordinator:

Hugo Gomez

hugo@

heritagefamilyservices.com

Therapist:

Sheri Conroy

s.conroy@

heritagefamilyservices.com

Reporting: Critical Incidents within 24 hours, Bi-weekly progress reports, Care plans updated quarterly,

Service plan within 72 hours, Discharge Summary

Staff Training: Care for Critical Behaviours (PACE), Suicide & Self-Harm Awareness (ASIST), Aboriginal Awareness, and 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

Within 2 weeks we require: Basic start up costs*, Furniture, TV, Electronics, etc., Kitchen setup, Cell phone, and Clothing up to date.

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
- 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 Hugo at 1-403-598-3881 or Central Referral at 1-403-505-3422



Clearwater Lodge

“Building a Foundation for a Stronger Future”

Program Coordinator:
Yvonne Houde
yvonnehoude.heritage@gmail.com

Therapist:
available as required

Clearwater Lodge is located west of the village of Caroline, AB. It is a three (3) bed specialized complex needs group care program for children 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 children 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.

A key component of this program is individualized care planning for schooling and long-term permanency planning. The program assists youth to transition to PDD services when they approach their 18th birthday, and sometimes beyond.

Age of Male Youth: 12 - 17 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: Care for Critical Behaviours (PACE), Suicide and Self-Harm Awareness (ASIST), Aboriginal Awareness, First Aid

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

Cultural Programming: Aboriginal Awareness training for staff to assist and support children in maintaining a connection with their cultural roots. Access to Aboriginal 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 Yvonne 403-722-4633 or 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 Aboriginal 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, Quarterly Treatment Plan Updates

On-Call Support: 24 hour On Call Support

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

Program Coordinator:

Kim Grue

grue.heritage@gmail.com

Therapist's:

Andrea Sproxton

a.sproxton@heritagefamilyservices.com

Megan Briscoe

m.briscoe@heritagefamilyservices.com

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 Kim G. at 1-403-343-3428 or Central Referral at 1-403-505-3422*

