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**Proposal For
Substance Abuse Pre-Treatment/Aftercare and Counselling**

Overview of Pre-Treatment/Aftercare and Counselling

Purpose

To provide a greater percentage of success for individuals going through the treatment program offered at Alcohol and Drug Services in Whitehorse and to reduce the amount of recidivism in the Yukon.

Responses gathered from some employees at Alcohol and Drug Services (ADS) indicate that individuals who take pre-treatment sessions in preparation for the 28 day treatment program are more committed, do better work and fit into the program with greater ease than individuals who do not take pre-treatment prior to the 28 day treatment program. In addition to pre-treatment is aftercare, a program of approximately 12 months assisting individuals in maintaining their substance free lifestyle. The aftercare serves to continually affirm an individual's decision to remain substance free as well as to help individuals through relapse recovery until the individual has been able to utilize their support system, gaining enough strength and maturity to reduce relapse episodes and be a contributor to the community.

Philosophy

There has been considerable amount of data collected to indicate the strength and success of preparing an individual for treatment through one-to-one counselling or through a similar program that I would like to suggest. Some of the advantages of pre-treatment are as follows;

Ability to assess the individual's capacity to enter into a 28 day program and handle the work and assignments; improvement of the quality of referrals (ie selective appropriate referrals, along with preparation of these individuals to ensure their success in the treatment program), thus impacting the long-term success rate of the ADS program; the provision of long-term support to clients having completed the ADS treatment program enhancing the success of the

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individual; the provision of support to First Nations who have been previously unhappy with the lack of ADS services in each of their areas.

Rationale/Description

Pre-treatment – This program consists of 6-8 weekly sessions lasting about 1 ½ hours to 2 hours. Specific topics are designed to prepare each individual for the intense study and homework involved in the 28-day treatment program. It is also a time for individuals to briefly get a glimpse of some of the issues that may keep them caught in the cycle of abuse. Discussions include expectations, goals and challenges of choosing to be substance free.

It is during these pre-treatment sessions that agreements/contracts are explored for the purpose of accountability and commitment so that it is clear to the individual how important it is to finish what is started. In the case of Old Crow, where this program was initiated over the past year the three female participants out of the six who completed the pre-treatment and went on to ADS completed the treatment program with much praise and admiration from the staff of ADS. This was a strong indicator of the effectiveness of the pre-treatment program.

Aftercare – It is crucial to have this program in place after an individual completes their 28-day treatment program. The excitement and sense of accomplishment needs to be nurtured and continually built upon. It is also important that there be at least 2-3 individuals that finish the treatment program from the same community. It is the strength of this small group who have journeyed this far together meeting weekly with a trained facilitator that helps to maintain and sustain the individuals in their choice of staying substance free. In most cases relapse is a part of the recovery process and within the small group environment the individual has the comfort and safety to unload the emotional and physical challenges they are facing. The small group also becomes a motivation tool as members who are successful each week share insights and strategies on how to stay clean and sober. ("if they can do it so can I")

Many front line workers would agree that in this field of work, communities like our Yukon communities all struggle with what is often referred to as the "Crab syndrome" (most crab tanks do not have lids on them because every time a crab wants to escape by climbing out, other crabs pull them back down into the tank) individuals going back into their communities following treatment face the same challenges of associates, family members and neighbors trying to get them back into their old substance abuse lifestyle. Without an aftercare program in place to

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support and encourage these individuals the percentage of recidivism can be very high.

During the course of 12 months each individual gains confidence and the ability to consistently say no to drugs and alcohol. The weekly meetings serve to teach, encourage, assess, motivate and debrief on the challenges. Studies have shown that relapse recovery is measured by specific durations of time; the further apart relapse occurs the greater success of the individual's recovery. A 12-month program provides opportunity to address these challenges and to building upon the individuals success and growing maturity.

Counselling – One-to-one counselling is an integral part of both pre-treatment and aftercare. It provides the opportunity for individuals to bring certain personal issues to the surface that they feel unable to address in a group setting. Personal counselling is valuable and significant on a weekly, sometimes bi-weekly plan for the first three months of the aftercare program with the intention of tapering off to once a month by the six month of their aftercare program. Counselling is then offered only on a "as needed" basis (family death, loss of work etc.).

At this point it is important to make the transition from this program to it being overseen by the local or visiting social worker/counselor. Getting the local resources involved at the beginning will also strengthen the program ensuring that everyone is working together. This way when needs arise they can be met quickly and effectively.

There is the opportunity of developing the small group into becoming an AA or NA group. Statistics show that clients who participate in AA or NA are more successful over the long term than those who don't.

Model of Delivery

Developing Partnerships

It will be necessary to lay a good foundation for the building of the pre-treatment and aftercare program. Strategizing with key ADS personnel, CYFN staff, community professionals, community leaders and local resources will help to ensure the success of the pre-treatment and aftercare program.

A certain amount of time will be required in developing relationships with the First Nation leaders and professionals who work in this field. Although I have had

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the privilege of meeting many of the professionals from the communities through the Health Commission, Asset Mapping and FASD conferences it will still take time to renew acquaintances and meet those who are new.

It would be important to take advantage of the summer months for travel and doing the work of developing relationships and partnerships in the communities so that once the busy fall arrives, schedules and participants can be prepared for the fall treatment program that ADS will be running.

Pilot Communities

I would like to recommend setting up three central locations for all communities to have the ability to access the pre-treatment and aftercare programs. Since ADS in Whitehorse can easily service KwanLin Dunn and Carcross these two communities will not be part of the delivery service unless otherwise requested.

For the purpose of this proposal the following three communities will service the other communities within that specific area.

1. Teslin – As a central meeting place individuals from Watson Lake and points in between including Tagish would be able to meet in Teslin for the pre-treatment, aftercare and counselling. Arrangements will be made with the band office to utilize a meeting place for the participants who are interested in going through the pre-treatment in readiness for the ADS treatment program. Once the treatment program is completed the aftercare sessions would begin once a week with one-to-one counselling to follow the next day.
2. Burwash – This community could be the central meeting place for the communities of Beaver Creek, Destruction Bay and Haines Junction. Depending on what arrangements can be made – it may be more logistic to utilize Haines Junction as the central meeting place.
3. Pelly Crossing – This would be the farthest meeting point from Whitehorse and would service all communities in between. Individuals coming from Ross River, Faro, Carmacks and Mayo may find traveling to Pelly easier then going to Dawson.

Service Delivery

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ADS will be running their 28-day program for men on August 29, 2005 and for women in October 2005.

I will need a significant lead-time to plan the advertising and weekly pre-treatment sessions. To begin with, advertising would be placed in the communities, letting people know of the opportunity for pre-treatment. I would hold an information evening of what is expected of each person attending these weekly sessions, outlining the support and resources available and what will be covered through our time together.

I will work with the community counselor, Social Service professionals and Social worker in identifying candidates for the program.

I could make a contact number available in each community for those who would like to be added to the registration list.

I will establish at least 1-2 key people in the community that I can be in weekly contact with to keep me posted on developments and on registration lists. After the initial meeting one individual would be chosen to take attendance and ensure that all participants are reminded of each following weekly meeting. One of the key people in the community would then be in contact with the participants a day prior to the meeting to remind them of the upcoming meeting.

Each participant would receive a binder in which they would put in the materials that they received at each weekly session.

During these weekly meetings and the one-on-one counselling that followed, each participant would sign an agreement to complete the pre-treatment program and complete the application process for entrance into the ADS treatment program as well as an agreement for aftercare.

Assistance would be given where needed to ensure that every one completing the pre-treatment get the opportunity to go to ADS. If there is no room at ADS then the individual(s) would be placed in line for the next available treatment. In the meantime, weekly support would be available for them while they waited. Depending on the situation, counselling could be provided with a specific emphasis on "treatment" this would only be for exceptional situations.

Once the treatment program was completed a special celebration and gifting would take place at ADS. Approximately a week later, the participants would start their aftercare by attending weekly meetings. Each meeting would be approximately one to one and a half hours long.

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Aftercare would consist of a number of exercises that will need to be completed for each following session. ADS usually takes their participants up to step four of the Alcohol Anonymous work manual. Aftercare would take them to the final step twelve. In addition to completing the manual each participant would review work from pre-treatment and from the treatment program. Other sessions will include teaching on finances, volunteer work, parenting, personal growth and other topics of interest to the individuals.

On completion of the program a special supper and celebration will be planned to mark the individuals accomplishment. This time will also serve as a modeling to other members within the community. It will also give opportunity for individuals to reflect and tell stories of the challenges faced through out the year.

The groups that complete are ideal candidates to give back to the community of what they have received and can be involved in the facilitation of pre-treatment and aftercare. Over time they can take more responsibility in facilitating with the assistance of the community resources already in place, such as the community counselor/Social worker. This would help to keep the model moving forward.

My last contact with the group I worked with in Old Crow was in the middle of April and they are all doing well and continue to meet on a weekly basis.

Reporting

It is with the understanding and knowledge that the practice of Government funded projects will be to have a reporting system in place.

I would be able to submit quarterly reports giving details of travel, meetings, expenditures and progress.

Specific headings and categories can be outlined by the department and followed accordingly.

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Project Work plan

Objective 1: To set up three main community centers for the purpose of pre-treatment and aftercare				
Activity(ies)	Output(s)	Short-Term Outcome(s)	Person(s) or Organization(s) Responsible	Timelines
Identify and meet with appropriate human resources through 2-3 meetings	Confirm 1-2 contact people to coordinate in each community	Establish three centers for pre-treatment and aftercare meetings to be held	CITE Counselling Services, Alcohol and Drug Services Community Counselor, Social worker, FN leaders	June 1 st to July 20 nd which would allow for pre-treatment prior to the men's treatment program start date Aug. 29 th
Objective 2: Registering clients for the pre-treatment program for the purpose of increasing the completion success of the 28 day program at ADS				
Present an information session in each community. Meet individuals wanting to take ADS treatment	Collect a list of potential clients wanting to go to treatment	Register a minimum of 3-5 clients for pre-treatment	CITE Counselling Services, FN community leaders, community counselor/Social Worker	July 20 th to August 27 th In preparation of the Men's program starting at ADS Aug. 29 th
Objective 3: To ensure the maintenance and sustainability of a drug free lifestyle				
Meet with clients prior to graduation to plan aftercare	Set-up weekly meeting schedules for each of the three main centers	Provide working material, accountability and relapse prevention	CITE Counselling, FN Office(s), Social Worker/Community Counselor, ADS	Ongoing from October/05 to November/06

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Objective 4: To provide one-to-one counselling for clients in Pre-treatment and Aftercare				
Meet with clients weekly for one hour sessions to assist in resolving personal issues	Clients keeping appointments and working through issues	Client sessions diminishing from weekly to bi-weekly to once a month counselling sessions	CITE Counselling Services	During Pre-treatment program and during aftercare program

** The same work plan would be initiated for the Women's ADS treatment program starting in October/05. Activities for Objectives 1 -3 would be exercised on a similar timeline.

Project Evaluation

Objective 1:

- a) Contact with identified professionals/Human resources
- b) Confirmation of meeting places and key volunteers
- c) Community go ahead to hold information session

Objective 2:

- a) Confirmed list of 3-5 clients registered for pre-treatment
- b) Weekly schedules completed for each of the three main meeting centers
- c) Evaluation questionnaire completed at the end of pre-treatment sessions

Objective 3:

- a) Written report on the success of the pre-treatment and treatment portion of the program
- b) Weekly scheduled meetings arranged at the three main centers
- c) Consistency in attendance and completion of assignments
- d) Diminished relapses and longer periods of time of being substance free

Objective 4:

- a) Counselling secession moving from weekly meetings to monthly meetings within the first six months

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Budget

Position	Fiscal Yr. 1	Fiscal Yr.2	
CITE Facilitator/Counselor	\$65,000	\$65,000	Based on \$250 per day over 260 days per year. Program facilitation and counselling
Community Liaison 9 key people	\$3,600	\$3,600	Based on \$10 per week for a period of 40 weeks. These individuals would make contact and ensure clients follow weekly schedule
Administration			
Payroll burden breakdown	\$6,194.00	\$6,194.00	This includes; EI = 2.73 CPP = 4.95 WCB = 1.85
Administration fee	\$6,500	\$6,500	For the reports, evaluation, calls, faxes and material preparation
SUBTOTAL	\$81,294	\$81,294	

Travel			
Transportation	\$34,936	\$34,936	Travelling to the three main centers from Whitehorse to; Teslin, Burwash, Pelly @ .48 per km. Per week for 44 weeks and back

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Living expenses	\$13,200	\$10,800 (Initial first time meetings for setting up the program would be accomplished during the first year)	Accommodations and meals for one person at Pelly and Burwash and meals only at Teslin per week for 44 weeks
Office Supplies	\$750	\$650	Binders for the clients and hand out materials for both pre-treatment and aftercare including flipchart paper, pens and printing
SUBTOTAL	\$48,886	\$46,386	

Total Cost of project

	Fiscal Yr. 1 (2005-2006)	Fiscal Yr. 2 (2006-2007)	
TOTAL COSTS	\$130,180.00	\$127,680.00	

The approximate number of clients for each fiscal year that these numbers have been based on is 20-30 clients taking both pre-treatment and aftercare.