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## Purpose

The purpose of the TNG Addictions Recovery Support Policy is to reduce barriers for Toquaht Nation citizens needing access to detox, addiction, and aftercare treatment programs for substance misuse and addictions so that they may receive appropriate treatment in a timely manner. This policy is designed to ensure:

- Financial limitations are not barriers to citizens requiring addiction support and services.
- Waitlists and admission requirements are not barriers to citizens accessing addiction support and services.
- Citizens are supported before, during, and after accessing addictions recovery programs.
- TNG Community Service’s staff know how to support people presenting with addictions.

## Definitions

In this policy the following definitions apply:

“DoCS” refers to the Director of Community Services

“TNG” refers to the Toquaht Nation Government

“MHOW” refers to Toquaht Nation Government Mental Health Outreach Worker and who is the individual responsible for supporting TNG citizens to achieve mental wellness

“ARSP” refers to the Addictions Recovery Support Policy

“CS” refers to the department of Community Services as referred to in Toquaht Law

“FNHA” refers to First Nations Health Authority

A health care professional is an individual who works in the field of human healthcare and applies evidence-based practices to care. The term health care professional encompasses many different jobs, not only doctors or nurses.

## Eligibility

Eligible individuals must be:

- a) an individual on the Toquaht Nation Citizenship Register, in accordance with *Toquaht Nation Citizenship Act*; or
- b) a parent or legal guardian of a Toquaht Nation child who is under the age of 18 years and is at risk of child protective intervention due to the parent’s addiction or substance misuse.

This program is intended to benefit TNG individuals and families who are working towards improved health and wellness. There may be times when non-Toquaht citizens are supported with the goal of benefiting a Toquaht child.

## Requirements

To receive support under this policy, eligible applicants must:



1. demonstrate readiness and willingness to enter treatment with assessment by a health care professional;
2. be actively working with the TNG MHOW; and
3. sign a treatment and after-care agreement.

If a citizen demonstrates immediate need for intervention, the MHOW will consult with other health care professionals and the DoCS to assess the citizen's readiness. The MHOW can support and advocate for immediate services where appropriate.

### **Accessing Private Residential Treatment Facilities**

1. Where appropriate, the MHOW will support citizens to access FNHA funded programs. TNG acknowledges that waitlists for addictions recovery support can be a barrier to citizens wellbeing. In some circumstances, the MHOW can advocate for admission to a private residential treatment facility.
2. Subject to the availability of funds as allocated through the annual Budget Act, TNG may provide funding for private residential treatment and detox centres to eligible applicants who meet requirements. To be funded, the residential treatment must be at a facility located in the same province or state in which the individual receiving treatment ordinarily resides.
3. The maximum stay in residential treatment that will ordinarily be funded is 90 days, however, exceptions may be made if recommended by a health care professional. The DoCS has authority to approve additional time in private residential treatment.

### **Supports while Attending Residential Treatment Facilities**

TN may be able to support citizens with the costs related to their daily living costs while they are in a treatment facility. This includes costs like rent and hydro to maintain their residence while away. Citizens who are eligible for social, government, and work-related programs and benefits will be asked to access those programs first.

### **Accessing Second Stage Housing and After-care programs**

TN encourages that following residential treatment individuals spend time in second stage housing before returning to their place of residence. Subject to the availability of funds, TN may provide funding for second stage housing for a maximum of 90 days. Additional time in housing may be provided for upon assessment by a health care professional and consultation with the DoCS.

### **Travel**

Travel support will be provided in accordance with FNHA Medical Transportation Policy and the TNG Medical Travel Top-up Policy. Travel will not be provided for individuals who leave treatment facility prior to completion of their program.



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## Comfort Allowance

In situations where an individual in treatment is not receiving a comfort allowance through income assistance, TNG may provide comfort allowance funding while they reside in a care facility. Comfort Allowance is intended to provide financial support for small personal care items such as toiletries and necessities. Comfort allowance will be \$50 per week or \$200 per month.

## Addictions Recovery Support Agreement

Eligible applicants must sign an *Addictions Recovery Support Agreement* (Appendix A) to be able to qualify for any funding. If the terms of the treatment agreement are breached, support may be immediately revoked.

By signing the agreement, the eligible applicant must agree to the following:

- Complete their treatment program.
- Authorize treatment facility staff to provide updates on progress to the MHOW.
- Create an after-care program and participate in monthly check-ins for 6 months with the MHOW. After care programs may include but are not limited to second stage or supportive housing, counselling, travel to attend meetings, technology to attend online meetings, etc. After care plans will be unique to each individual's circumstances.
- Follow recommendations made by the treatment facility staff to maintain sobriety.

## Relapse

TNG may fund applicants who have experienced relapse. To be considered, an applicant must:

1. Demonstrate that they have been following their after-care program; and
2. Be actively working with the MHOW or other health care professionals.

TNG may choose to not fund further treatment options if TNG suspects fraudulent behaviour, misuse of funds, or the applicant has not implemented their after-care program.

TNG will not fund applicants more than twice.

## How to apply

Citizens may apply by speaking to TNG's MHOW in person, via video call, or over the phone.

TNG Mental Health Outreach Worker:

Email: [christyb@toquaht.ca](mailto:christyb@toquaht.ca)

Phone: 250-720-7197

This policy is effective as of March 20, 2023.



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Appendix A  
**Toquaht Nation Government Addictions Recovery Agreement**

Date:

Citizen name:

Address:

Phone #:

Email:

By signing this agreement, I, \_\_\_\_\_, agree to the following criteria so that the Toquaht Nation Government can support me with my addictions recovery.

- I will complete my treatment program.
- I give permission for the treatment facility staff to provide updates on my progress to the Toquaht Mental Health Outreach Worker (MHOW).
- I will work with my support professionals to create an after-care program that is uniquely designed to support me once I leave treatment.
- I will participate in monthly check-ins for 6 months with the MHOW.
- I will follow recommendations made by the treatment facility staff and support professionals in order to maintain my sobriety.

Signed:

Witness: