

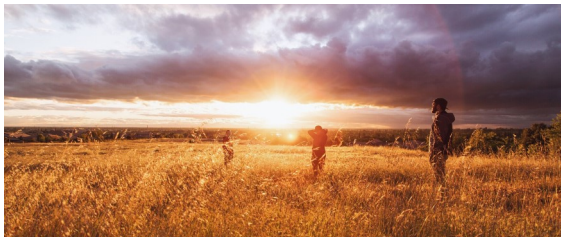


## Testimonials

### Comments from 180° Clients:

*"I have found new interests and I'm now able to set healthy boundaries. I'm trying to have non-using friends."*

*"I eat healthy and see the doctor now. I have found a job and can depend on myself."*



**The 180° Detox and Supportive Recovery Program** provides young people ages 13-19 with a comfortable, home-based setting to withdraw from harmful substances and transition to a healthier lifestyle. Youth reside in John Howard Society Family Care Homes. Youth can self refer or be referred by family, friends, social workers, probation officers, schools, or community agencies.

Services are free and confidential. Our counsellors have a minimum of a Bachelor's degree in social work, child and youth care, or a related field, with specialized training or experience in the area of alcohol and drug use.

## Our Mission

The John Howard Society of North Island is a charitable organization whose mission is to provide programs and support to help children, youth, and families lead safer and healthier lives.



### Office

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The John Howard Society of North Island's programs are situated in the traditional territories of the Kwakwaka'wakw, Laich-kwil-tach, Nuuchah-nulth, and Coast Salish peoples.

# JohnHoward

## 180° Youth Detox and Supportive Recovery



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## What is 180° Detox and Supportive Recovery?

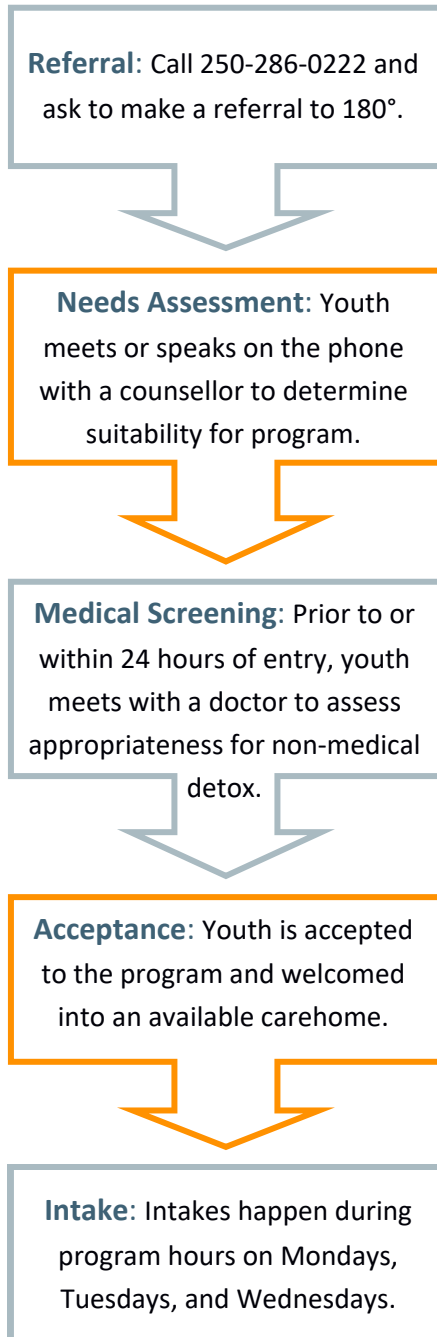
**Detox (withdrawal management):** Our non-medical detox provides youth with 24-hour support as they go through their unique withdrawal process. Most youth experience only mild to moderate withdrawal symptoms when they stop using drugs and alcohol, and have few physical needs beyond a safe, nurturing environment in which to detox. Youth will be seen by a doctor as soon as possible after arrival.

**Supportive Recovery:** Our supportive recovery program is for youth ages 13-19 who want to address their substance use challenges and can be up to six months. Youth attend a structured day program Monday-Friday (9 am-2 pm). Each youth will have an individualized care plan that may include: school, employment readiness, recreation, life skills, community engagement, and individual and group counselling.

**Caregivers** have daily contact with the 180° counsellors and/or caregiver support worker.

*180° Youth Detox and Supportive Recovery is funded by Island Health.*

## Referral and Intake



## Service Plan

Following acceptance into the program, a service plan is developed with the youth to address their needs. These may include:

- Detox (withdrawal management)
- Substance use/harm reduction education
- Supportive recovery
- Educational/vocational needs
- Life skills
- Safety planning
- Transition planning
- Family relationships
- Connection to culture
- Nutrition
- Health needs
- Independent living skills
- Social/recreational needs
- Mental health issues

## Program Outcomes

In 2023-2024:

- 13 youth attended 180° Detox and Supportive Recovery.
- Youth indicated that they were very satisfied overall with the benefits of being in the 180° program.