



## Level UP @ The Station

**Level UP @ The Station** is a supportive recovery program operating within a youth independent living facility. Youth ages 16-21 reside in one of 10 individual suites in a facility with 24-hour staffing. The Station provides large common meeting spaces, a commercial kitchen and dining area, shared laundry, and caretaker/staff suites.



Meals are prepared for the youth and served in the common dining area three times per day. Day programming occurs both on site and in community with the support of staff. Youth develop individualized day program schedules that reflect and support their personal recovery goals.

## 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, adults, 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 unceded territories of the Kwakwaka'wakw, Laich-kwil-tach, Nuu-chah-nulth, and Coast Salish peoples.

**JohnHoward**  
The John Howard Society of North Island

# JohnHoward

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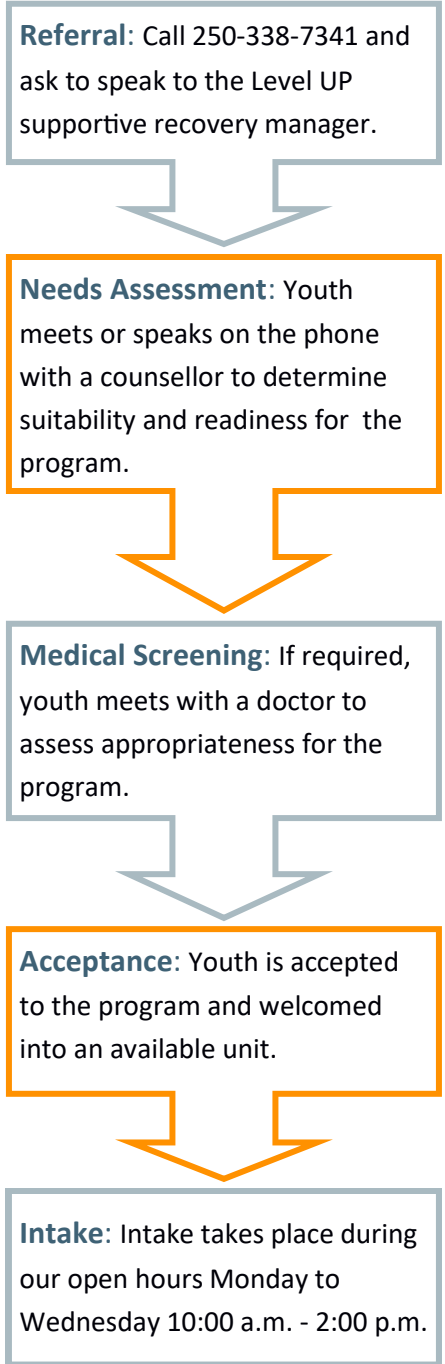
## What is Level UP @ The Station?

**Level UP @ The Station** is a live-in recovery program for clients ranging in age from 16 to 21 years old. Youth can self-refer or be referred to *Level UP* by counsellors, parents, teachers, or other community supports. The program length spans from 90 to a maximum of 180 days. While in residence, clients stay in their own private suite in a facility that is staffed 24 hours per day and attend an individualized day program.



Level UP is free of charge and provides three meals per day, individual and group counselling with a Recovery Coach, and a focus on community integration. This may include access to school, employment, social services, medical and health care, and supports at Foundry Comox Valley. Clients will also be connected to a health care professional who will prescribe and supervise medication, address health issues, and monitor Opioid Agonist Therapy.

## 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:

- Substance use/harm reduction education
- Supportive recovery
- Educational/vocational needs
- Life skills
- Safety planning
- Transition planning
- Family relationships
- Nutrition
- Health needs
- Independent living skills
- Social/recreational needs
- Mental health issues



*Level UP @ The Station is funded by Island Health.*