

## Six Tasks of the Secure Youth Detox Centre Program:

While participating in the SYDC Programming, your youth will:

1. Gain a better understanding of substance use/abuse and related issues.
2. Begin to identify patterns of substance use/abuse.
3. Begin to develop a history of problems related to substance use/abuse.
4. Learn and participate in pro-social skills, healthy lifestyle choices, and self care.
5. Participate, with parents and caregivers, in the creation of a Discharge Safety Plan.
6. Develop a detailed step by step Relapse Prevention Plan.

## What Your Youth Needs to Bring With Them

The young person will not require anything, as clean sweat clothing is provided during their stay. Toiletries are provided. Underwear and bras are provided, however, parents are welcome to send these personal items. Should there be any items the parents feel are necessary for the youth to have, these may be passed along through the centre's staff members.

We encourage all money and valuables be left at home. Any money, jewellery, or other valuables will either be stored in a secure locker upon admission, or may be sent home.

## How to Contact us:

**Secure Youth Detox Centre**  
Toothill Street and Ritter Avenue  
Regina, SK  
S4P 2W2

Family members and caregivers have 24 hour telephone access to the centre's staff to inquire about their youth's progress.

Phone (306) 787-1058 or (306) 787-2167

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**Executive Director  
Mental Health &  
Addiction Services**

4th floor - 2110 Hamilton Street  
Regina, Saskatchewan  
S4P 2E3

Phone: (306) 766-6112  
Fax: (306) 766-7606

Visit us on the web  
[www.rqhealth.ca](http://www.rqhealth.ca)

For 24 hour professional health advice  
and information, call



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## Online Resources:

Information for parents, youth, and caregiver application forms are available online at:

<http://www.health.gov.sk.ca/youth-detoxification>

## Secure Youth Detox Centre (SYDC)

Addiction Services

Mental Health & Addiction Services

## **Our Mandate**

We provide a facility for youth who require safe medical detoxification from drug use. We use the 'harm reduction' treatment model. This means we provide your child with:

- an understanding of what it means to relapse
- strategies they can use once they are discharged.

We focus on helping patients, together with their family members, to prepare the best possible plans for success.

## **The Healing Journey**

We are a 6 bed unit located at the Paul Dojack Youth Centre. The program provides client focused treatment in a safe and secure setting.

Our facility offers medical detoxification that includes programming and support for youth, and their families and provides an environment for change that influences a youth's future and promotes opportunities for personal growth, as well as positive long term change.

Our programs are offered by an interdisciplinary team that facilitates professional services in a therapeutic, stable environment, that supports short term success, and that helps to foster long term foundational change.

## **Our Staff**

Our team consists of doctors, nurses, addiction counsellors, and facility youth workers. We have nurses and youth workers on duty 24 hours a day / 7 days a week. Doctors, trained specifically in the area of addictions, visit the site daily and are available on-call 24 hours a day. Addiction counsellors attend the unit on a daily basis. Mental health services (psychiatry and psychology) are available on site through the RQHR Child and Youth Services.

## **Admission Criteria**

Our program is designed to work with youth ages 12 to 18, who are struggling with issues related to substance dependence and substance abuse.

Substance Abuse Disorder is characterized by the youth experiencing problems in family or social relationships, school, work, legal, or other important areas of life, because of their recurring substance use.

Substance Dependence is defined as a collection of thoughts, behaviours, and physical problems that result from continued substance use despite significant substance related problems. It is a pattern of use that can result in tolerance, withdrawal and compulsive drug taking behaviour.

## **Definition of a Family System with an Addictive Process**

A family with an addictive process is one in which the structure of daily life becomes dominated by the anxieties, tensions, and chronic trauma of active addiction.

The substance or activity becomes the central organizing principle of the family system, controlling, and dictating core family beliefs and influencing all aspects of behaviour, as well as cognitive and affective development.

(adapted from Brown and Lewis, 1999)

## **Criteria for the Issuance of a Detoxification or Community Treatment Order:**

- a) The assessed youth is:
  - (i) suffering from severe drug addiction or drug abuse and requires detention to facilitate detoxification and stabilization;
  - (ii) likely to cause harm to himself or herself or to other persons, or to suffer substantial mental or physical deterioration, if he or she does not detoxify and stabilize.
- b) The assessed youth is either:
  - (i) unable to fully understand and to make an informed decision respecting his or her need to detoxify or stabilize; or
  - (ii) unable or unwilling to take steps to begin recovery from drug addiction or drug abuse or to reduce the risk of harm to himself or herself, or to other persons.