

BEAVER LAKE CAMP

COUNSELLING PROGRAMS & SERVICES

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MARRIAGE, FAMILY, AND INDIVIDUAL



BEAVER LAKE
CAMP

A Ministry of Northern Youth Programs

WWW.BEAVERLAKECAMP.ORG
807.700.4751
COUNSELLING@NYP.CA

BEAVER LAKE CAMP

COUNSELLING PROGRAMS & SERVICES

WELCOME TO BEAVER LAKE CAMP

We are grateful for the opportunity to provide family counselling programming in the Nishnawbe Aski Nation area and beyond. We seek to be a place and a people of hope and healing by assisting individuals and families on their journeys.

This information packet outlines the programs and services we offer. It answers many of the questions commonly asked about our program, including admission requirements.

For cost and program dates see:

www.beaverlakecamp.org/events/counselling-services

To make a referral or for more information, please contact us using the information below.

Sincerely,



Eric Byler, MA

Registered Psychotherapist #12594

Associate Professional Counsellor 7770N22

Counselling Program Manager

CONTACT

Northern Youth Programs

Beaver Lake Camp

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WHO WE ARE

Beaver Lake Camp (BLC) offers a safe and supportive environment for families and individuals to find spiritual and emotional healing. Over the years, the Family Counselling Program has become known across northwestern Ontario as a haven for youth and families to find rest, to learn about God, and to rebuild relationships.

Beaver Lake Camp began working with First Nations families in the 1970s, providing workshops, seminars, retreats, and summer camps. We have offered counselling services since 1989. More than 750 families from across the NAN communities have received counselling at BLC.

We are committed to providing wholistic family care in all areas of the program. We acknowledge the context, culture, background and unique needs of each family. We value the healing power of community and encourage clients in self-care and healthy relationships.

Making the choice to take part in the program requires courage, determination, self-awareness, and a great love for your family. We honour these virtues and welcome you with encouragement and respect.

BEST PRACTICES/ETHICS:

Our counselling services are accountable to and adhere to practice standards and ethics established by the College of Registered Psychotherapists of Ontario (CRPO). We voluntarily submit to the ethical principles and values of the Professional Association of Christian Counsellors and Psychotherapists (PACCP). BLC strives to practice safely, effectively, and ethically, and to uphold the following principles:

1. Autonomy and Dignity of all Persons
2. Excellence in Professional Practice
3. Integrity
4. Justice
5. Responsible Citizenship
6. Responsible Research
7. Support for Colleagues

Beaver Lake Camp is a registered member of *Plan to Protect*®. Our staff receive vulnerable persons training.

SERVICES PROVIDED

OUR CORE PROGRAM

Our signature counselling program is ten-days long and is located in a beautiful and peaceful setting on the shore of Beaver Lake. We offer marriage, family, and individual counselling. Personal and relational concerns, such as loss and grief, abuse and abuse recovery, depression and anxiety, parenting, marriage and family concerns, and mental and spiritual health are addressed. The program has evolved over the 35 years serving First Nations clientele.

The program has a number of components offered every day. These include psycho-educational seminars that help develop new perspectives and relational skills; private counselling sessions that enable individuals, couples or families to address their personal concerns with a professional counsellor; a youth program that mirrors the adult seminars; and life skills.

The program sets a solid foundation upon clients' arrival and builds throughout the ten days.

We help participants gain greater insight, more effective coping skills, resilience, and new tools for greater relational effectiveness.

Clients stay in a private apartment in a family housing facility. Each unit is furnished with a living area, kitchenette, bedroom(s), and private washroom. Linens, dishes, pots and pans, and utensils are provided. The facility includes a laundry room with washers and dryers. Laundry soap is provided. The kitchenette is furnished with breakfast staples. Each apartment has a private phone.

Staff are available to answer questions and provide what is needed for a comfortable and positive experience. Clients are responsible for themselves while they are here; 24/7 supervision is not provided. Families are encouraged to make the most of their stay. This is an opportunity to spend quality time together, work on relationships, and deal with personal issues while away from the normal pressures of life. At the end of their program, most clients leave with a renewed sense of hope.

E-THERAPY

E-therapy is a means by which individuals can receive therapy, mentoring, information, and guidance from one of our professionally trained counsellors or psychotherapists via electronic means—phone or internet. BLC uses a secure, encrypted, web-based platform

to ensure client privacy and confidentiality.

Although therapy has traditionally been face-to-face, there are many reasons why it may be difficult to meet face-to-face. Delivering services through other means, such as secure video or phone, offers more ways to connect. This is also an excellent way to stay connected with your therapist(s) after completing the core ten-day program at BLC. Contact our intake worker to see if e-therapy is a fit for you.

CHILDCARE

Childcare is provided while parents are in their scheduled seminars, counselling, and life skills.

WHEELCHAIR ACCESSIBILITY

Three family units are allocated for clients with accessibility needs.

PHILOSOPHY OF COUNSELLING

We operate within a Christian world-view while utilizing the tools and techniques of psychology and counselling to address physical, emotional, and spiritual health. We believe it is important to deal with issues of pain, trauma, disappointment, and grief. Unresolved root issues often result in secondary issues such as marital problems, difficult parent/child relationships, anger, or substance abuse. While dealing with secondary issues is part of the counselling we offer, our focus is root issues as much as clients are willing.

We believe that working with entire families to address their challenges is an effective way to strengthen the family and community. In this way individuals within the family provide support to each other.

We know that our program can be emotionally challenging at times. We encourage engaging with the difficulty while practicing emotional awareness and management.

WHAT TO EXPECT

We encourage and expect clients to participate in all sessions and activities. The schedule is designed to provide routine and rhythm for the whole family. Free time is provided for families to pursue interests and spend time together or for personal reflection.

DAILY ACTIVITIES

ADULT PROGRAMMING

Psycho-educational Seminars.

BLC employs professional counsellors, and individuals with relevant lived experience, to facilitate psycho-educational seminars on a variety of topics. Seminars taught in each program are dependent on the needs of the clients. Examples:

- Finding a Safe Place
- Healing the Pain of the Heart
- Shame and Self-Hatred
- Loss and Grief
- Addictions and the Family
- Trauma Awareness
- Anger and Forgiveness
- Moving Forward



Therapy. This includes a formal 60-minute counselling session with a counsellor or psychotherapist every day except Sunday. This may be individual, couple, or family counselling depending on what is needed. Assignments may be given to work on between counselling sessions.

Life Skills. Starting and completing a project nurtures a sense of self-worth and accomplishment. This is significant for individuals who struggle with feelings of failure. Projects belong to the client—to take home with them as a reminder of their time at BLC and to encourage them to follow through with their goals. Men usually create personal projects in our woodshop, or have the chance to work alongside a mechanic in the shop and receive some basic tools to take home with them. Ladies generally choose beadwork, sewing, cooking, or baking projects. Fishing and, on occasion, rabbit snaring are options when available.

YOUTH PROGRAMMING

Youth workers present age-appropriate seminars for youth (ages 12-18) that mirror the seminars attended by parents. If requested, a youth worker or counsellor will schedule individual sessions with youth to give opportunity to talk about their struggles and questions.

CHILDREN AND CHILDCARE

BLC is a nurturing and safe place for children. Parents are responsible for the care, behaviour, and supervision of their children. Our staff provide childcare while parents attend scheduled seminars, counselling sessions, and life skills. During childcare, children participate in a variety of play activities, including singing and story time. We welcome and nurture children's interests and talents.

MEALS

Meals are a time when the family can be together. Clients enjoy lunches and suppers in our dining hall with other client families and staff. BLC is known for delicious home-cooked meals offered by our cooks.

SCHEDULED EVENING ACTIVITIES

Scheduled evening activities are a time of exercise, relaxation, and social interaction for clients and staff. The goal is for clients and staff to interact and enjoy each other in a safe environment while promoting physical wellness and healthy, community interaction. Evening activities are usually scheduled four times during the ten-day intake. The dining hall is open other evenings for family activities and games as desired.

WEEKENDS

Daily activities continue through the program except for Sunday. Clients are invited to a Sunday spiritual/worship service at BLC. Sunday is an opportunity for self-evaluation and reflection on personal progress, and to participate in an evening activity.

INTAKE PROCESS

REFERRALS

Referrals are accepted from NNADAP workers, mental health workers, child and family services workers, medical personnel, clergy, individuals, other community service workers, and self-referrals.

The referral worker will complete an application form with each adult client. Applications are submitted to the Intake Worker to review clients' suitability to the program.

ADMISSION CRITERIA

Families and Individuals will be accepted who:

- Are from First Nations communities;
- Are seeking a Biblical approach to counselling;
- Agree to abstain from addictive substances/medication except when following physician's orders;
- Have a support network in their home community; and
- Are physically and mentally able to participate in an intense counselling experience.

BLCS is not obligated to accept persons who have been court ordered to attend our program.

All **communicable diseases** must be under control, managed, or in remission.

(Clients must report all known illnesses or communicable diseases such as tuberculosis, RSV, flu, whooping cough, etc..)

ACCEPTANCE

After an applicant(s) has been accepted into the Program, an intake date will be given to the referring worker in a letter of acceptance.

Acceptance to the Program is contingent on availability. There is generally an undetermined wait time for all applicants.

Applicants must be free from any obligations that will require absence from BLC during the Program (e.g., court appearance, medical appointments).

SUBSTANCE ABUSE POLICY

As a drug-free program, we require that clients complete detox before attending our program. We expect clients to abstain from substance abuse while in the program as part of the healing process. Smoking is subject to provincial smoking by-laws.

We work with clients who are in the maintenance phase of suboxone, sublocade, or methadone treatments on a case-by-case basis.

AFTERCARE

The counselling program manager will send the referral agency a brief written summary of the client's participation in the program. Phone contact with the referral agency will be maintained as needed during the program.

Counsellors work with clients to develop an aftercare plan. This may include follow-up virtual or telephone sessions or check ins (we use a secure, encrypted web-based platform to ensure client privacy) or an occasional community visit by Beaver Lake staff. There may also be a recommendation to return for additional counselling.

Clients are encouraged to assume responsibility for their own recovery, ideally with the help of family support groups and the community. The referrer is encouraged to be part of the aftercare plan to provide a continuum of care.

PROGRAM DATES

Programs are ten days in length. Clients should plan to arrive on Monday afternoon, the day before the program begins. They will be discharged on the second Friday morning, the day after the last day of the program.

See www.beaverlakecamp.org/events/counselling-services for scheduled program dates.

FEES AND FUNDING

FEES

Fees include counselling services, psycho-educational seminars and materials, youth and children programming, meals, lodging, life skills, recreational activities, and childcare. Fees are due at the end of the program.

Transportation to and from Beaver Lake Camp is not included.

See www.beaverlakecamp.org/events/counselling-services for fees.

FUNDING

Arrange for funding through mental health or family services within your community, Child and Family Services, or private funding. Approved fundings should be arranged before the program.

Beaver Lake Camp does not provide funding.

ANNUAL SERVICES CONTRACT

An annual contract with communities is available. The contract is an agreement for three to five families to attend the Counselling Program at BLC.

Contact the Counselling Program Manager for details.



BEAVER LAKE COUNSELLING SERVICES ADDRESS

Northern Youth Programs

Beaver Lake Counselling Services

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Printed in Canada • 0926 dw



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