



## NohKohWaa Family & Youth Centre

### **Package for SUKAPI PROGRAM**

Our S.U.K.A.P.I. Program is formerly known as the Independent Living Program. *The acronym S.U.K.A.P.I stands for: Stepping Up Knowledge & Abilities for Personal Independence\**. This SUKAPI\* Program provides inclusive, individualized, wrap-around supportive care for our older youth **with specific needs in a culturally based environment**. SUKAPI\* is a dedicated program designed to empower Indigenous youth who are transitioning out of the care system and preparing to live independently. Our goal is to provide the tools, resources, and support necessary for these young individuals to thrive as they step into adulthood.

Through a cultural approach, SUKAPI\* focuses on developing essential life skills, including but not limited to financial literacy, job readiness and personal wellness. Participants engage in hands-on workshops, mentorship opportunities, and cultural ceremonies that honor their roots and identity. By fostering a powerful sense of community and belonging, SUKAPI\* helps youth build confidence and resilience as they navigate the challenges of independent living. Our program emphasizes the importance of self-determination and personal growth, encouraging each participant to set their goals and pursue their aspirations. With the guidance of supportive staff and a network of peers, SUKAPI\* aims to create a nurturing environment where Indigenous youth can develop the knowledge and abilities needed for a successful and fulfilling life on their own.

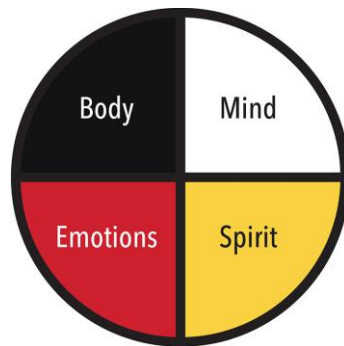
Join us in this journey of empowerment, as we help our youth step boldly into their futures with pride and independence.

NohKohWaa has several Facilitators onsite who are specially trained in **RedPath** which is an accredited program and is Indigenously led and developed using a trauma-informed approach.

Nohkohwaa Staff are **SIVA** trained, giving them a more compassionate and proactive guide to behavior management.

NohKohWaa **connects Clients** to Indigenous languages, ceremonies, Elder teachings, healing opportunities, counselling, Indigenous equine therapy, life skills, land-based education and goal setting.

NohKohWaa's Centre is also an **Indigenously led and developed charity**, that is community based, community focused, community supported, and community directed for all People and all Families.



## **SUKAPI Program Criteria**

- ✓ 16 – 22 years of age
- ✓ Aging out of being in Care
- ✓ Free from alcohol & drugs
- ✓ Must be in and/or open to School or Employment
- ✓ Must be open to healthy lifestyle and wellness activities
- ✓ Must attend all NohKohWaa Programming: RedPath, Equine Therapy, Life Skills, Counselling, Ceremonies, Events, Appointments, etc.

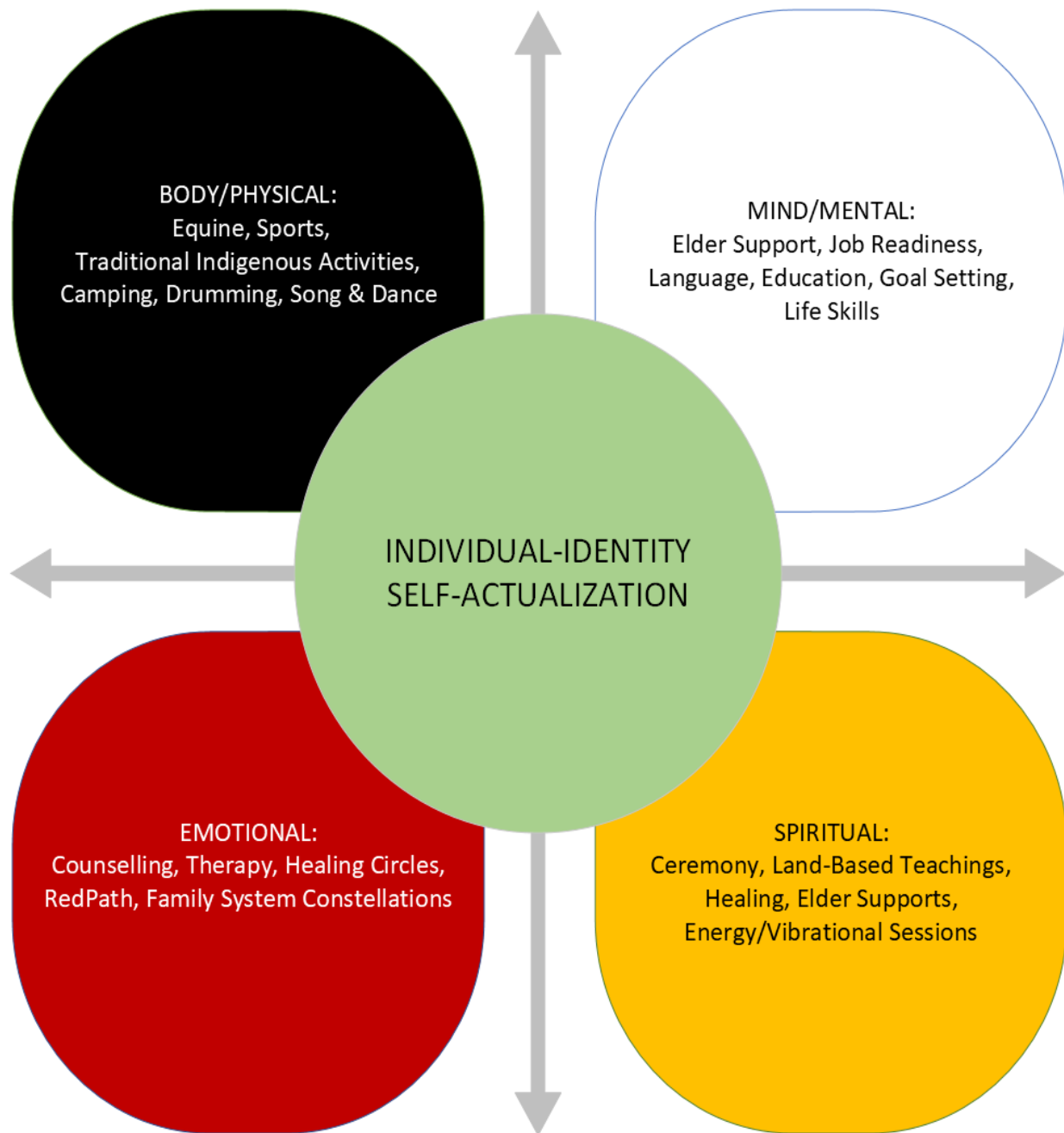
## **Program Includes but no limited to:**

- RedPath
- Supportive Housing
- Nutritional Meals
- Life Skills
- Job Readiness
- Indigenous Language Classes
- Indigenous guided Equine Therapy
- Land-based Teachings
- Indigenous Elder Support
- Cultural Activities (examples depending on interest: drum making, individual moccasin making, designing their own ribbon shirt/dress/outfit)

## **The Process:**

- Step 1: Get a **Referral**
- Step 2: You must meet the **Criteria**
- Step 3: Complete SELF-ASSESSMENT aka **Intake Form**
- Step 4: An **Interview** will be set up
- Step 5: Welcoming **Ceremony**

**MEDICINE WHEEL EXAMPLE USING REDPATH PROGRAMMING**



## **DESCRIPTION OF REFERENCES**

**RedPath** is a psycho-spiritual-educational program aimed at addressing trauma through culture, art, and traditional teachings. The approach taken is appropriate to the age and stage of the participant. With the increasing rate of suicide, bullying and criminal behaviors (especially in gangs), it was decided to develop a program geared for Children and Youth.

**SIVA** (Supporting Individuals through Valued Attachments) is a more compassionate, proactive approach to behavior management using SIVA and the WISE Plan to help clients map out a plan and succeed in the program. When severe/violent outbursts are displayed, this puts both the client, the worker and/or others at risk. SIVA provides caregivers, families and clients tools and practical knowledge to create an environment where safety is a pro-social, healthy, and respectful part of day-to-day living.

**Land-based Education** typically uses an Indigenized and environmentally focus by first recognizing the deep, physical, mental, and spiritual connection to the land that is a part of Indigenous cultures

**Family Constellations**, also known as Systemic Constellations and Systemic Family Constellations, is a therapeutic method which draws on elements of family systems therapy, existential phenomenology and is Zulu (African) based beliefs and attitudes to family.

**\*Please note that there is a DEADLINE for all INVOICES, which need to be paid on or before the last day of the month. Any late payments will be automatically charged 1% per day.**



## **SCHEDULE A - Service Intake Agreement Form**

### **NohKohWaa Family & Youth Centre Programs**

**Independent Living** – 16 - 21 years old

**Per Diem Rate - \$236-\$1000 per day** (\*will be based on needs): **\*\*\*2-3 Youth/Unit**

### **BASIC BUDGET per CLIENT**

**All units have 3 Bedroom, 2 Bathrooms**

RENT	850
FOOD/SUPPLEMENT/NUTRITION PLANNING	1500
PERSONAL ITEMS AND RECREATION	465
CULTURAL PROGRAMMING	3500
STAFF SUPPORT 24/7 (including security)	1000
<b>BASIC RATE STARTS AT \$236/DAY</b>	

**RENT** – Includes rent, heat, water, garbage, wifi and maintenance

**FOOD/SUPPLEMENTS/NUTRITION PLANNING** – Organic, low sugar, low processed foods, personal nutrition plan prepared by certified Nutritionist. Nutrients, vitamins, and supplements as required based on needs.

**PERSONAL ITEMS AND RECREATION** – Includes toothpaste, shampoo, lotion, feminine hygiene, sports equipment, safety gear. Recreation includes fees, transportation and required equipment.

**CULTURAL PROGRAMMING** – Includes a personal cultural development and learning plan. Access to weekly Blackfoot classes, access to Blackfoot, Cree, Stoney and other Elders, land-based learning, culturally supported Equine Therapy, medicine picking, seasonal ceremonies, annual Sundance, sweats, Elder and “grandparent” visits. All cultural programming is based on Blackfoot Values and informs language learning. The RedPath programming provides structured life skills learning, access to healing opportunities and personal development taught through a 12-week accredited training program aimed at Indigenous learners. We believe that culture, language and connection to community are key in developing identity and healing from trauma. NohKohWaa has 90% Indigenous staff.

**STAFF SUPPORT** – The cost to provide staffing including Support Workers, Supervisors, Security, Cleaning and sanitation, and food services.

**\*Please note that there is a DEADLINE for all INVOICES, which need to be paid on or before the last day of each month. Any late payments will be automatically charged 1% per day.**

**Intake Date (DD/MM/YY)** \_\_\_\_\_

Full Legal Name \_\_\_\_\_

Date of Birth (DD/MM/YY) \_\_\_\_\_

Health Care Number \_\_\_\_\_

Band \_\_\_\_\_ Treaty Number \_\_\_\_\_

**PER DIEM INFORMATION: Case Worker**

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address of Trustee: \_\_\_\_\_

**Medication Billing Information:**

\*Same as Per Diem Billing: Y/N (if no, please fill out below)

Phone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

**Extra Billing Expenses - Billing Information:**

\*Same as Per Diem Billing: Yes / No (if no, please fill out below)

(Extra Means: Clothing, Recreation, Travel and Personal Incidentals)

**Full Mailing Address:** \_\_\_\_\_

\_\_\_\_\_  
Phone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

This Agreement Commences on the \_\_\_\_\_ day of (month) \_\_\_\_\_ in the year 20\_\_\_\_

**SIGNATURES:**

Referring Agency / Caseworker \_\_\_\_\_

NohKohWaa Team Lead \_\_\_\_\_

NohKohWaa Director \_\_\_\_\_



**NohKohWaa Intake & Referral****Client Information:**

<b>Name/Alias (if known):</b>			
<b>DOB:</b>		<b>Age:</b>	<b>Gender:</b>
<b>Treaty #:</b>		<b>Band #:</b>	
<b>Health Card #:</b>		<b>Clients' ID#:</b>	
<b>Clients' Welfare Status:</b>			

<b>Reason for Admission:</b>	
<b>Admission Date/Time:</b>	
<b>Discharge Date:</b>	

<b>Medical Concerns:</b> If yes, please provide details	<b>Any follow up appointments:</b> If yes, please provide details (Date, Time, Location)	<b>Allergies:</b> If yes, please provide details
<b>Referring Agency:</b>		
<b>Referring Worker:</b>		
<b>Address:</b>		
<b>Contact Numbers</b> <b>Fax#:</b>	<b>Work:</b>	<b>Cell:</b>
<b>Email Address:</b>		
<b>Hair Color:</b>	<b>Eye Color:</b>	<b>Height:</b>
<b>Weight:</b>	<b>Scars/Tattoos:</b>	<b>Birthmarks:</b>
<b>Family Doctor:</b>	<b>Contact #:</b>	
<b>Date of Last Medical:</b>		
<b>Immunization up to date?</b>	<b>Notes:</b>	
<b>Medications:</b> (Specify prescription, Administer Time, etc.)		

Last Dental Appt:	Follow up:
Last Medical:	Follow up:
Last Optical Appt:	Follow up:
Last Counsellor:	Location:
Is Client currently enrolled in school?	Yes No
School Name:	Location:
Grade Level:	Usual mode of Transport:

### **CLIENT PLACEMENT HISTORY**

Where does Client currently live?	
Who has been the primary caregiver?	
How many caregivers did the client have during the first 5 years of his/her life?	
How many caregivers has the client lived with in total?	

### **FAMILY INFORMATION**

Mother:	Address:	
Father:	Address:	
Name(s) of Siblings:		
Does Client have regular contact with parents/siblings/family and or friends? Yes? No?	If yes, details and their contact info:	
Any other relevant info:		
Cultural / Spiritual?	Yes	No
Is Client aware of his/her cultural heritage?	Yes	No
Does the Client participate in cultural activities?	Yes	No

Does the Clients' family practice their cultural beliefs?	Yes	No
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## **RISK BEHAVIORS**

Has the Client had a history of any of the following?

<b>Concerns:</b>	<b>Yes</b>	<b>No</b>	<b>Suspected?</b>	<b>How long has behavior been present?</b>	<b>How often does the behavior occur?</b>
Behavior Issues?					
Destruction of Property?					
<b>Concerns:</b>	<b>Yes</b>	<b>No</b>	<b>Suspected?</b>	<b>How long has behavior been present?</b>	<b>How often does the behavior occur?</b>
Interpersonal Problems?					
Physical Aggression to Peers?					
Physical Aggression to Adults?					
Running Away?					
Suicidal Behaviors?					
Self-Harm Behaviors?					
Sleep Disturbances?					
Substance Abuse?					
Victim of Physical Abuse?					
Victim of Sexual Abuse?					

<b>Victim of Neglect?</b>					
<b>Exposure to Fetal Alcohol Use?</b>					
<b>Loss/Separation?</b>					
<b>Witness of Domestic Abuse?</b>					
<b>Developmental Delays?</b>					
<b>Grief Issues?</b>					
<b>Eating Problems?</b>					
<b>Sexually Inappropriate Behavior?</b>					
<b>Other? (explain)</b>					

**What traumatic experiences has the Client been exposed to? Are his/her parents and/or grandparents residential school survivors? Did they attend Day School? Where were the clients' parents in the welfare system as a child?**

**Please explain:**

**Any other relevant information NohKohWaa should be aware of:**

**Please explain:**

**Is delegation of Authority Provided? Yes No**

**Schedule date for Intake: \_\_\_\_\_**

**Referral Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**NohKohWaa Staff Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_