



Nohkohwaa Family & Youth Centre

Package for STOODIS Youth Program

Our S.T.O.O.D.I.S. Program was formerly known as the Youth Program. The acronym STOODIS stands for **S**upporting **T**eens **O**pen to **O**pportunities through **D**istinctively **I**ndigenous **S**ervices. STOODIS is dedicated to empowering Indigenous youth in care by providing a safe and nurturing environment that fosters personal growth, resilience, and cultural identity. This program focuses on supporting smooth transition into adulthood while offering opportunities for skill development, community engagement, and meaningful connections. Through mentorship, cultural teachings, and advocacy, S.T.O.O.D.I.S. aims to inspire youth to stand strong in their identity and navigate their journeys with confidence and purpose.

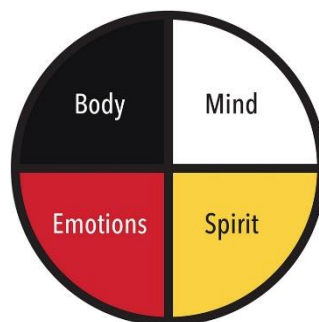
As this youth program *enriches deep cultural roots that support growth*, it also allows children to walk in a way that guides them to discover their individual identity, interests, and gifts.

Nohkohwaa has 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 and again, using that same trauma informed approach.

Nohkohwaa **connects youth** to Indigenous languages, ceremonies, Elder teachings, healing opportunities, counselling, Indigenous equine therapy, life skills, land-based education, career goal setting and so much more.

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





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S.T.O.O.D.I.S. Program Criteria

- ✓ Child/Youth in Care
- ✓ Between the ages of 12 – 17-year-olds
- ✓ Not actively using alcohol and/or illegal drugs
- ✓ Open to a healthy lifestyle
- ✓ Must be open to attending school
- ✓ Must attend all Nohkohwaa's Programming, such as; RedPath, Equine Therapy, Life Skills, Counselling, Ceremonies, Events, Appointments, etc.

Programming from September to June:

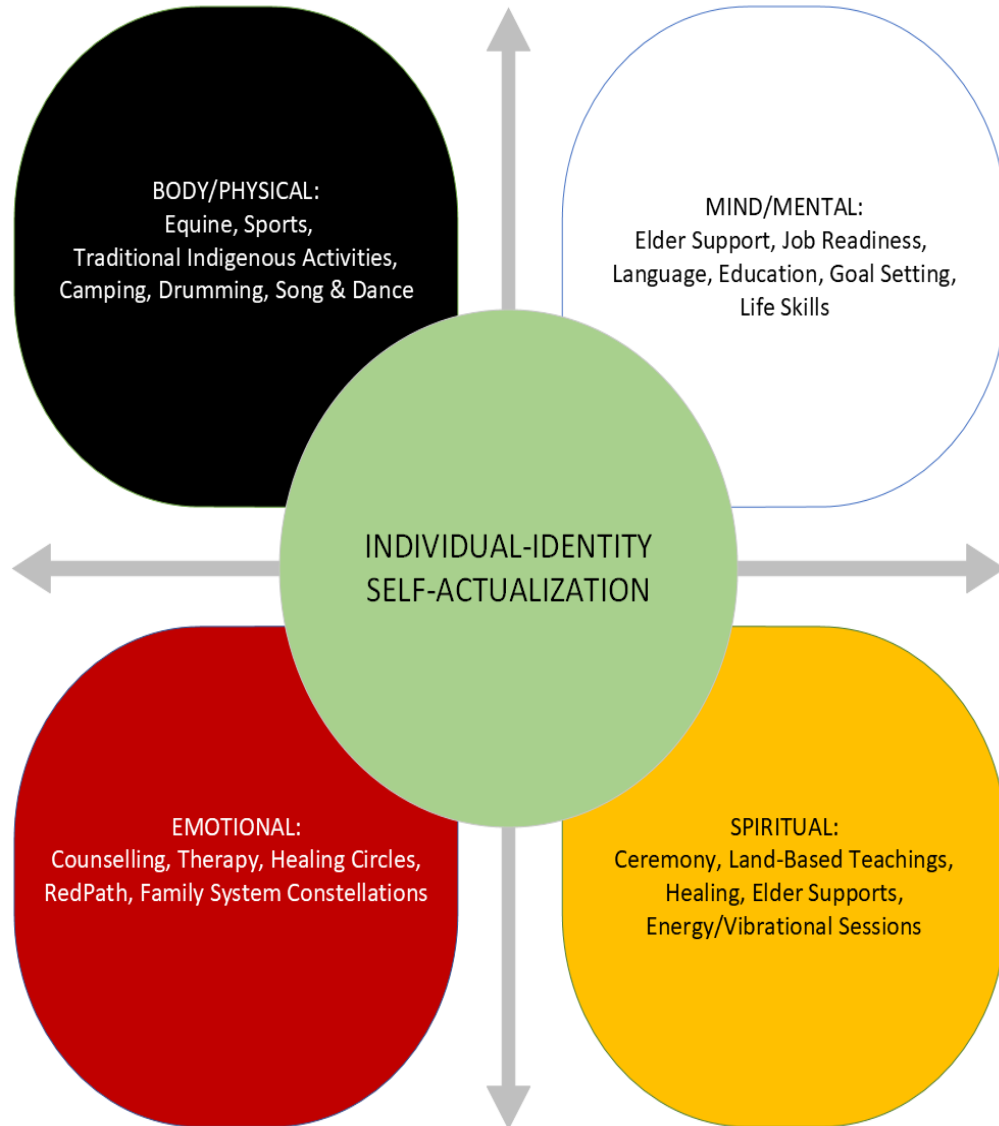
- RedPath
- Education
- Sports
- Job Readiness
- Introduction to Life Skills
- Indigenous Language Classes
- Indigenous guided Equine Therapy
- Land-based Teachings
- Indigenous Elder Support
- Cultural Activities (examples depending on interest: drum making, individual moccasin making, designing their 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**

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MEDICINE WHEEL EXAMPLE APPROACH USING REDPATH PROGRAMMING





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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 environmental 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.



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INTAKE FORM for Nohkohwaa Family & Youth Centre

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: Yes / No (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 _____



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Nohkohwaa Intake & Referral

Client Information:

Name/Alias (if known):			
DOB:		Age:	Gender:
Treaty #:		Band #:	
Health Card #:		Child's ID#:	
Child Welfare Status:			

Reason for Admission:	
Admission Date/Time:	
Discharge Date:	

Medical Concerns: If yes, please provide details	Any follow up appointments: If yes, please provide details (Date, Time, Location)	Allergies: If yes, please provide details

Referring Agency:			
Referring Worker:			
Address:			
Contact Numbers Fax#:	Work:	Cell:	
Email Address:			
Hair Color:	Eye Color:	Height:	
Weight:	Scars/Tattoos:	Birthmarks:	
Family Doctor:	Contact #:		
Date of Last Medical:			
Immunization up to date?	Notes:		



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Medications (Specify prescription, Administer Time, etc.)	
Last Dental Appt:	Follow up:
Last Medical:	Follow up:
Last Optical Appt:	Follow up:
Last Counsellor:	Location:
Is Child currently enrolled in school?	Yes No
School Name:	Location:
Grade Level:	Usual mode of Transport:

CLIENT PLACEMENT HISTORY

Where does the 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 child lived with in total?	

FAMILY INFORMATION

Mother:	Address:
Father:	Address:
Name(s) of Siblings:	
Does Client have regular contact with	Yes? No? If yes, details and their contact info:



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parents/siblings/family and or friends?		
Any other relevant info?		
Cultural / Spiritual?	Yes	No
Is Child aware of his/her cultural heritage?	Yes	No
Does the Child participate in cultural activities?	Yes	No
Does the Child's family practice their cultural beliefs?	Yes	No

RISK BEHAVIORS

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

Concerns:	Yes	No	Suspected?	How long has behavior been present?	How often does the behavior occur?
Behavior Issues?					
Destruction of Property?					
Fire Setting?					
Interpersonal Problems?					
Physical Aggression to Peers?					
Physical Aggression to Adults?					
Running Away?					



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Suicidal Behaviors?					
Self-Harm Behaviors?					
Sleep Disturbance?					
Substance Abuse?					
Victim of Physical Abuse?					
Victim of Sexual Abuse?					
Victim of Neglect?					
Exposure to Fetal Alcohol Use?					
Loss/Separation?					
Witness of Domestic Abuse?					
Developmental Delays?					
Grief Issues?					
Eating Problems?					



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Sexually Inappropriate Behavior?					
Other? (explain)					

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 children?

Please explain:



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Any other relevant information Nohkohwaa should be aware of:

Please explain:

Is delegation of Authority Provided? Please circle: YES or No

Schedule date for Intake:(DD/MM/YY) _____

Referral Signature: _____ Date: _____

Nohkohwaa Staff Signature: _____ Date: _____



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SCHEDULE A - Service Intake Agreement Form

Nohkohwaa Family & Youth Centre Programs:

-
- Nohkohwaa Youth Support – One Worker for 2 Youth
Group Care Support **(1:2) Intensive Care** at 521 26 Street
Per Diem Rate: (***based on the needs**) \$675 - \$925 per day ****2 Youth/Room**
Includes Cultural and Clinical
-

- Nohkohwaa Youth Supports - One worker for 1 Youth
Group Care Support **(1:1) One-One Care** at 521 26 Street
Per Diem Rate: (***based on the needs**) \$1075 per day ****2 Youth/Room**
Includes Cultural and Clinical
-

- Nohkohwaa Youth Support – Basic Care (One worker per 4 youth)
Group Care Support **(1:4) Moderate Care** at 521 26 Street
Per Diem Rate: (***based on the needs**) \$553 per day ****2-3 Youth/Room**
Includes Cultural and Clinical
-

- Nohkohwaa Youth Supports – Independent Living
Group Care Support **(1:1) One-One Care** at 535 26 Street - Units: #3, #4 & #6
Per Diem Rate: (***based on the needs**) \$1075 per day ****2 Youth/Unit**
Includes Cultural and Clinical
-

- Nohkohwaa Youth Supports – Independent Living
Group Care Support **(1:1) One-One Care** at 521 26 Street
Per Diem Rate: (***based on the needs**) \$1075 per day **2 Youth/Room**
Includes Cultural and Clinical
-



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Basic Rates:

PROGRAMMING AND SUPPORTS PROVIDED BY NOHKOHWAA FAMILY & YOUTH CENTRE

Nohkohwaa Family and Youth Centre, operated by the Shinah House Foundation, delivers culturally rooted, holistic supports and services for Indigenous children, youth, and families. Designed to foster a strong connection to Indigenous culture and identity, our programming emphasizes wellness, belonging, and growth through a balance of mental, physical, spiritual, and emotional care.

Our services are provided in collaboration with Designated First Nations Authority (DFNA's) across Alberta, and we extend our offerings to contracted services with other Nations across Canada.

Core Services Provided:

→ **Basic Care \$553/day**

Safe, nurturing living environments for Indigenous children and youth.

Provision of nutritious meals, clothing, hygiene supplies, and other essentials.

Supportive supervision to ensure the well-being and safety of individuals in care.

Assistance in daily life activities and life skills development.

All basic requirements are followed as detailed in the Family Enhancement Act (employee training, meds stored safely, fire safety, nutritious foods, safe environment).

Clinical supports from an outside consultant.

CULTURAL PROGRAMMING

- Opportunities to learn and participate in traditional Indigenous practices, ceremonies, protocols, and teachings.
- Weekly Blackfoot Classes led by Traditional Blackfoot Teacher
- Weekly Healing Circles and group teachings with Nohkohwaa Elder
- Access to other Elders and/or Knowledge Keepers, and cultural mentors from clients original Home Nation to guide personal and community connections.
- Attendance to traditional ceremonies throughout the year; Sundance, sweats, bundle openings, pipe ceremonies, and any other appropriate ceremonial opportunities that may arise.
- Programs that teach Indigenous languages, arts, and histories.
- Weekly cultural activities and/or crafts, such as making moccasins, drums, beadwork, protection pouches, to name a few.
- Equine Therapy and healing work with horses.
- Land based learning through Elder teachings about plant medicine preparation and uses, harvesting and preparing of food and plants, as well as planting and growing our own medicine.



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→ **One to One (1:1) Specialized \$1075/day**

Nohkohwaa provides comprehensive support services tailored to meet the needs of high-risk clients. Our one-to-one support initiative is designed to offer continuous and personalized assistance, ensuring a holistic and cultural approach to development and well-being. Key Features of our One-to-One Program are 24/7 consistent care, including schooling, recreation and leisure activities, cultural teachings, as well as daily living, social and life skills guidance to build independence and confidence. The One-to-One program supports are designed specifically for each youth. Our approach is trauma informed, with a wrap-around supportive environment that empowers high-risk children and youth to thrive. Through a committed support team and a personalized approach, we strive to make a meaningful difference in the lives of those we serve.

→ **Educational and Recreational Programming**

Support for academic achievement through tutoring and collaboration with schools.
Activities that promote physical health, teamwork, and personal growth, including sports, arts, and outdoor education.

Mental Health and Wellness Services.

Access to culturally competent mental health professionals.

Support for trauma recovery, grief, and loss through traditional and contemporary approaches.

Programming designed to build self-esteem, resilience, and coping strategies.

Community Engagement and Relationship Building.

Opportunities for clients to build meaningful connections with their cultural community.

Partnerships with local organizations to foster inclusion and mutual support.

Events and gatherings that strengthen community bonds and cultural pride.

Specialized services.

Tailored supports for youth with complex needs, such as developmental disabilities or behavioral challenges.

Crisis intervention and emergency support services.

Transitional support for youth aging out of care, including career planning and independent living preparation.

This comprehensive range of services ensure that Nohkohwaa Family & Youth Centre not only meets the immediate needs of children and youth but also prepares them for a thriving future rooted in their Indigenous identity and community.



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→ **SIGNATURES:**

Referring Agency / Caseworker

* _____ Date: _____

Nohkohwaa Team Lead

* _____ Date: _____

Nohkohwaa Director

* _____ Date: _____

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