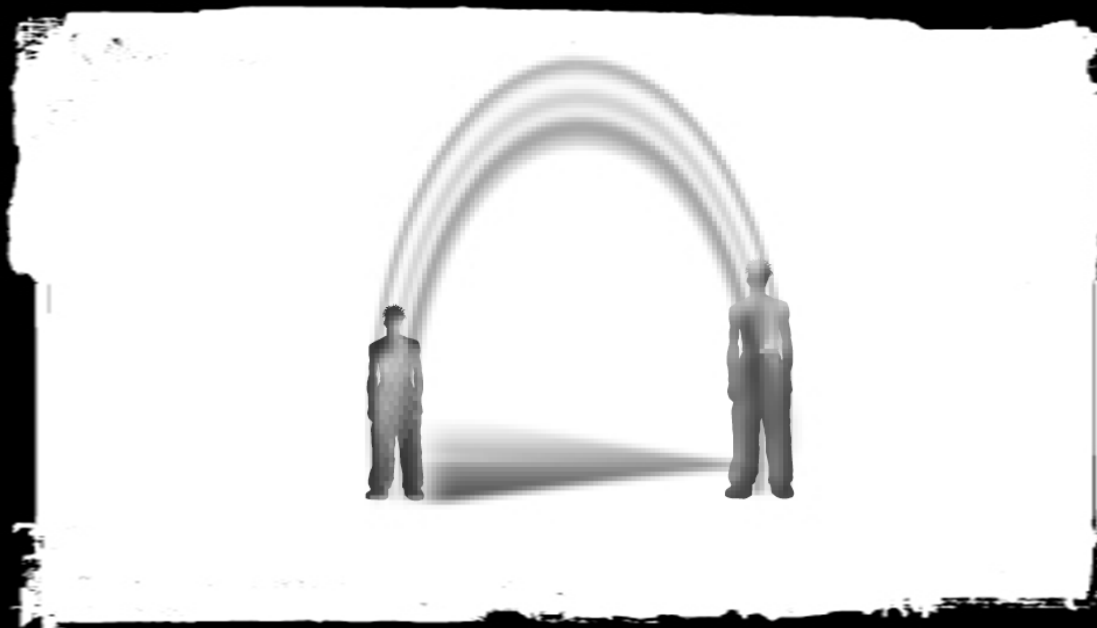


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"LA MAISON ARC-EN-CIEL" is a French residential rehabilitation centre, which is authorized and financed by the North East Local Health Integration Network (NELHIN), which welcomes young francophone men from across Ontario. We are a non-profit association, under the leadership of a Board of Directors. "La Maison Arc-en-Ciel", located in Opasatika, operates a hobby farm. This includes a stable, henhouse, training room, animals and equipment needed for maintenance. "La Maison Arc-en-Ciel" is the only centre of its kind in northern Ontario.

OUR MISSION:

To help young men, age 12 to 24, francophone, who are dealing with addiction, multiple addictions or concurrent disorder (mental health and drug addiction), to find the necessary balance to become independent, responsible members of society.

PROGRAM OBJECTIVES:

To facilitate the discontinuation of all drug, alcohol or medication abuse and to direct the clients toward an educational or work environment. Once re-integrated into society, and with our support, the young man should continue to progress using the support groups available in his area. We will also help with his re-integration into his family environment, if he so wishes.

PROGRAM:



“La Maison Arc-en-Ciel” offers a three-month residential program to young addicts, with the possibility to extend treatment, depending on the client’s needs. The purpose of this program is to encourage the beneficiary to get to know himself better and to modify certain behaviors. In addition, the professional team will emphasize the importance of self-discipline, which will facilitate their integration into the community; this process strengthens life skills. Finally, the client will continue to be accompanied, according to his needs for a period of up to two years.

GROUP SESSIONS AND INDIVIDUAL MEETINGS:

Group sessions cover specific topics (educational and informative subjects). Each client will receive four group sessions per week during his stay. Three individual sessions per week are also offered (more, if necessary). In addition, clients will participate in support group meetings once a week (N.A., A.A.).

The program consists of twelve one-week sessions. Each block covers a different topic, which allows us to offer the maximum number of tools to beneficiaries.

- | | |
|-----------------|---------------------------------------|
| Session no.1 : | Dependency |
| Session no.2 : | Effects of Drugs |
| Session no.3 : | Affirmation |
| Session no.4 : | Self-esteem and Self-confidence |
| Session no.5 : | Understanding Oneself |
| Session no.6 : | Communication and Conflict Resolution |
| Session no.7 : | Relapse Prevention |
| Session no.8 : | Stress, Relaxation and Emotion |
| Session no.9 : | Co-dependency and the Family |
| Session no.10 : | Respect for Others and Sexuality |
| Session no.11 : | Forgiveness and Loss |
| Session no.12 : | The Twelve Steps and Support Groups |

OCCUPATIONAL THERAPY :

“La Maison Arc-en-Ciel” offers a program of occupational therapy with constant support and supervision. It goes without saying that work holds a significant place in the programming at “La Maison Arc-en-Ciel”. By working, the clients develop their sense of responsibility, increase their self-respect and refine their life skills. Work also helps them to suppress strong urges relating to consumption. Therefore, the clients will be required to participate in all scheduled activities. However the work is varied: lawn mowing, chopping firewood, cleaning, painting, repairing, snow-shoveling, caring for animal, etc. “La Maison Arc-en-Ciel” has animals such as cattle and egg-laying hens. In other words, the residents are responsible for the well-being of the animals at the centre. Any mistreatment of an animal will result in immediate expulsion.



SCHOOL CREDITS :

Residents are encouraged to pursue their studies by taking correspondence courses. However, the necessary procedure must be established with their school before arriving. Time will be set aside to complete schoolwork. We also give a certificate for voluntary work hours accomplished at La Maison Arc-en-Ciel.

THERAPEUTIC RIDING:

Since April 2008, “La Maison Arc-en-Ciel” offers a therapeutic riding therapy. This therapy was integrated into the services offered by “La Maison Arc-en-Ciel”, providing a different sort of therapeutic benefit to our clients. This therapy lasts six weeks and a variety of subjects are taught weekly.



Riding therapy is an effective method of improving the physical and mental well being of people dealing with drug addiction, multiple addictions or concurrent disorders. The client's objectives in receiving therapy with horses are: enjoy life to the fullest, maintain their goals, and develop their self-confidence and self-esteem, while relating to our team their personal needs.

ADMISSION CRITERIA:

The clients must :

- Be between 12 to 24 years old
- Not have consumed within the last 48 hours
- Be male
- Be able to communicate in French
- Be willing to follow house rules.



EXPULSION CRITERIA:

- If you use alcohol and/or drugs and/or medication, or if your behaviour suggests it
- If you leave the house without authorization
- If you are found in possession of a weapon, alcohol, drugs or medication
- If you refuse to participate in program activities
- If you are disrespectful
- If you do not follow house rules
- If you damage or steal household items or others' belongings.

RECREATIONAL ACTIVITIES:

Clients will benefit, depending on their behaviour during the week, of a recreational and/or educational day of activities. Participants, while fully accompanied, will leave for a day excursion or visit.

ACTIVITIES:

- | | | |
|------------|---------------|----------------------------------|
| • Hiking | • Skating | • Swimming |
| • Fishing | • Billiard | • Horseback riding |
| • Bowling | • Snowshoeing | • Support meeting (A.A. or N.A.) |
| • Canoeing | • Squash | |

SUGGESTIONS OF ITEMS TO BRING:

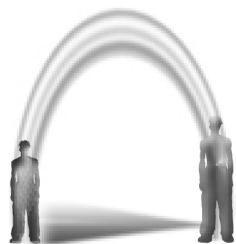
- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Pants | <input type="checkbox"/> Long johns | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Wood socks | <input type="checkbox"/> Snow pants | <input type="checkbox"/> Boots |
| <input type="checkbox"/> Pyjama | <input type="checkbox"/> Styling gel | <input type="checkbox"/> Gloves or mittens | <input type="checkbox"/> Scarf |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Bath soap | <input type="checkbox"/> Work coat | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Underwear | <input type="checkbox"/> Comb or hairbrush | <input type="checkbox"/> Good coat |
| <input type="checkbox"/> Slippers | <input type="checkbox"/> Razor | <input type="checkbox"/> Work boots | <input type="checkbox"/> Jeans |
| <input type="checkbox"/> Bath robe | <input type="checkbox"/> Shaving cream | <input type="checkbox"/> Work clothes | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Long sleeve shirts | <input type="checkbox"/> Shoes and/or sandals | <input type="checkbox"/> Short sleeve shirts | <input type="checkbox"/> Bermuda shorts (summer) |

Upon arrival our clinical team will perform a complete search and an inventory of personal belongings will be taken, and items such as alcohol, drugs, prohibited magazines, inappropriate music, belts, lighters, etc, will be confiscated and stored elsewhere.

SERVICE CHARGE:

There is no charge for services received at "La Maison Arc-en-Ciel". Clients are, however, asked to bring \$50 for their medical costs and \$40 for personal needs. If their parents have a drug card, the client must bring a photocopy of it, in case it is needed during his stay. A health card and social insurance card are also required. "La Maison Arc-en-Ciel" covers all other costs.

We look forward to meeting you!



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