



VALLEY HILL YOUTH TREATMENT CENTER

VALLEY HILL BOARD OF DIRECTORS

The Valley Hill Youth Treatment Centre (VHYTC) Healing and Recovery Program is managed by a Board of Directors through a community-based organization, in partnership with Prince Albert Grand Council, (PAGC), Prince Albert Parkland Health Region (PAPHR), and Saskatchewan Ministry of Health. It is funded by the Ministry of Health through an annual service agreement.

The seven Board Members consists of four members nominated by Prince Albert Grand Council, two by Prince Albert Parkland Health Region, and one member chosen by PAGC, PAPHR, and the Ministry of Health jointly. A Ministry representative also attends board meetings in an ex-officio capacity.

Valley Hill Youth Treatment Centre Non-Profit organization Membership is the 12 First Nations of Prince Albert Grand Council, with PAPHR a 13th member.

EXECUTIVE DIRECTOR

The present director, Robert Fitzpatrick is on secondment from the Prince Albert Parkland Health Region. He began in the position on July 02, 2013.

The ED is accountable to manage and operate the VHYTC to ensure quality clinical programming for youth and their families, within the framework of best practices and evidence based treatment principles.

STAFF RECRUITMENT

At the end of the fiscal year the staff complement was nearly complete. The facility has a staffing budget of \$1,324,000 which is approximately 17 FTE's.

Claude R. Shema, Registered Professional Counselor; Crisis Counselor & Reintegration Worker conducted one day training with Staff of VHYTC.

The training was based on Outcome Rating Scale & Group Rating Scale for clients residing within the centre.

Fremont Mediation Services provided mediation to Management and Staff of VHYTC. Training was provided to the staff with insight into Conflict Theory, Effective Communication, Raising Issues Constructively and Problem Solving Models.

VALLEY HILL STAFF

VHYTC continue to maintain and build capacity with staff in following areas:

- Mental Health First Aid
- First Aid/CPR
- Grief and Loss
- ASIST (Applied Suicide Intervention Skill Training)
- CPI (Crisis Prevention Intervention)

In addition, the following is offered:

- CAMH (Centre for Addiction and Mental Health) online courses
- Mental Health (Topics – Self Harm, Eating Disorders, Personality Disorders, ADHD)
- Occupational Health and Safety Level 1 Training

WORKPLACEMENT PROGRAM STUDENTS

VHYTC accepted one practicum student for 15 weeks which was a student from the Indian Social Work Program from First Nation University of Canada (FNUC).

The FNUC student requirements of the program is completing two practicum units, to gain "real life" experience working under the organization's supervision. The principles applied for the holistic model principles are theory, knowledge, skills and attitude under the First Nations beliefs, worldviews

into the complex behaviors that serves as a foundation for empowering ourselves, our family, the organization as a whole.

VHYTC also accommodated five- third year nursing students and two Nursing Instructors from University of Saskatchewan, College of Nursing Program: BSN Prince Albert, Saskatchewan.

The BSN students had the opportunities to examine mental health and wellness, illness, and recovery within the clinical settings of VHYTC. Exploring all the modules of the centres health care continuum to promote best mental health options for the facility.

VALLEY HILL CLIENT PROGRAMMING

The programming is to assist clients in the process of understanding personal self esteem and creating awareness of personal strengths and positive qualities. Below are a list of the workshops offered on a 6 week basis:

- Week 1: Process of Change/ Craving Management
- Week 2: Community Addictions/ Stress Management
- Week 3: Healthy Families/ Spirituality
- Week 4: Managing Anger/ Healthy Boundaries
- Week 5: Family Facilitation
- Week 6: Relapse Prevention Planning

VHYTC prepares the clients for relapse prevention by constructively using models with the healing and recovery process. A healing recovery plan is established in beginning of treatment and carried throughout the 6 week period.

VALLEY HILL CAPITAL PURCHASES

Valley Hill had purchased a 15 passenger Van on January 7, 2015. The van is used to transport clients to recreation and cultural events in the area. The cost was covered by the initial capital allowance for required equipment for centre operation.

CONTRACT SERVICES WITH PRINCE ALBERT GRAND COUNCIL

A two year service agreement with the Grand Council was signed on April 1, 2014 until March 31, 2016 to provide four types of service:

1. Maintenance - daily grounds and building
2. Finance - operating financial services and day to day expenses inclusive of payroll
3. Human Resources - hiring and personnel services
4. Information Technology - maintenance of information technology

SASKATCHEWAN GOVERNMENT EMPLOYEE UNION-LABOR NEGOTIATIONS

With the certification of employees by SGEU, the board worked throughout the fiscal year to establish the first collective agreement. In early 2015, the main portion of the collective agreement was agreed to by the negotiating committee. Salary grids remain an outstanding issue and work will proceed with this along with a vote by the board and members on a final collective agreement.

