



VALLEY HILL YOUTH TREATMENT CENTER

VALLEY HILL BOARD OF DIR.

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), former Prince Albert Parkland Health Region *(PAPHR), and Saskatchewan Ministry of Health.

The seven Board Members consists of four members nominated by Prince Albert Grand Council, two by the former Prince Albert Parkland Health Region*, and one member chosen by PAGC, PAPHR, and the Ministry of Health jointly.

Board Members as of March 31, 2019 are Lynnda Berg - Chair, Joan Breland – Vice Chair, Bonnie Jeffery, Mike Marion, Irwin Hennie, Cheryl Elliott and Rick Sanderson.

VALLEY HILL EMPLOYEE TRAINING

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

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

OCCUPATIONAL HEALTH AND SAFETY

VHYTC is committed to conducting all activities in a manner that will ensure the health and safety of all employees, participants, volunteers, students, contractors and visitors. Members of the committee are available to address health and safety concerns and also to promote a safe environment.

The type of training that took place for the Occupational Health Committee is:

- Level 1 Occupational Health
- Level 2 Occupational Health
- Supervisor Safety & Training

MANAGEMENT TRAINING

Clinical Supervisor Cassie Petit as well as Addiction Counsellor Hannah Harper attended management training through Pine Tree Management Skills Inc. The following modules were completed:

- Module 1: Supervision
- Module 2: How to Work with People

STAFF RECRUITMENT

At the end of the fiscal year the staff complement was nearly complete. The facility has a staffing budget of \$1,494,267.00 which is approx. 18 FTE's and 10 PTE's.

WORK PLACEMENT PROGRAM

VHYTC accommodated seven- third year nursing students from University of Saskatchewan. The BSN students had the opportunities to examine mental health and wellness, illness, and recovery within the clinical settings of VHYTC. They were also able to explore all the modules of the centre's health care continuum to promote best mental health options for the facility.

VHYTC accommodated three Justice Studies students from the Gabriel Dumont Institute for approximately 6 weeks. VHYTC also accommodated three students for three months in their field placements from the University of Regina, Indigenous Social Work Program: Prince Albert, Saskatchewan.

ANNUAL EVENTS

CHRISTMAS TALENT SHOW AND BANQUET

For the past three years, VHYTC staff and youth have worked very hard to carry on a very special tradition in

order to showcase their talents. On December 20th, 2019 95 people including the youth along with the staff and their families gathered together for a turkey dinner, a visit from Santa, a talent show and awards night. As being that the youth and their families are our main priority; we are so honoured to be able to host this event and assist in bringing families together.

2019-2020 STAFF AND TEAM BUILDING

2019 was a year of bringing staff together and going the extra mile to ensure that our staff felt valued, appreciated and acknowledged! This was done through several events including an Annual Staff Summer BBQ that consisted of great food, company, games and prizes as well as a spin class at our local bike studio, cross country skiing and a weight loss challenge that brought many staff together and encouraged self-care and healthy habits.

VALLEY HILL PROGRAMMING

The programming is designed to assist clients in the process of understanding personal self-esteem and creating awareness of personal strengths and positive qualities.

The Clinical Supervisor Cassie Petit had dedicated the year along with a few employees to revamp and recreate the program in order to deliver innovative, educational and engaging programming. Below is a list of the new workshops offered on a 6-week basis:

- Week 1: Drug and Alcohol Awareness
- Week 2: Taking a Closer Glance at Addictions
- Week 3: Anger Management
- Week 4: Grief and Loss
- Week 5: Mental Health Awareness
- Week 6: Life Skills

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.

PAGC CONTRACT SERVICES

Contract Services with the Prince Albert Grand Council include three types of services. A new contract service agreement will be written up on April 01, 2020 to March 31, 2022.

- Finance – operating financial services and day to day expenses inclusive of payroll
- Human Resources – hiring and personnel services
- Information Technology – install, connect and setup information technology

