



Frequently Asked Questions:

- 1. I want to attend First Nations House of Healing, what do I need to do?**
Thank you for your interest in our programs. To attend FNHH you need to see a counselor/therapist/community referral worker and they need to fill out our *Intake Package A & B*.
- 2. Who can make referrals?**
Nurses, CHR's, Alcohol & Drug Counsellors, social workers, therapists, doctors, employment councilors, Elder workers etc.
- 3. Where can my counselor/therapist get the Intake Packages?**
By calling Fawn, or Marina at 250.753.0590 or 250.753.3990 or toll free at 1.877.777.4842. You can also obtain online at www.intertribalhealth.ca where the Intake Packages A & B are available for print or by emailing fawn@intertribalhealth.ca.
- 4. I am not from this area; can I apply to your programs?**
We welcome all on and off reserve people of First Nations ancestry, Status Indians, Inuit, Non-Status Indians, and Metis people who are former students or if your family attended Residential School.
- 5. What is the cost to attend your program?**
There is no cost to attend FNHH program. As the Aboriginal Healing Foundation funds FNHH, they cover the program costs, the meals and the accommodation. ***The cost of your travel to and from FNHH program is not covered.*** This will be your responsibility. Former students of residential school can call Health Canada at 1.877.477.0775 for assistance with travel.
- 6. Where is the First Nations House of Healing located?**
Our administration building is located in Nanaimo at 534 Centre Street, Nanaimo, BC, V9R 4Z3. ***Please note :** Most programs are held at Ocean Resort located at 4384 South Island Hwy, Campbell River, BC. To travel from Nanaimo on Highway 19A, take the Hamm Road exit and turn left on Highway 19. Ocean Resort is to your right; travelling from South Island.
- 7. Is there a minimum age for admission?**
Yes. You must be 19 years of age or older to attend FNHH program.
- 8. Do I need to be free from alcohol and/or drugs, or mood altering drugs prior to attending a program?**
Yes, there is a 30 day clean and sober requirement, prior to attending FNHH programs. If there is any drug or alcohol abuse during the session you will be asked to leave immediately.
- 9. How long are the programs?**
The programs vary from 6 to 13 days in length.

10. What if I don't know a counsellor in my area?

First Nations House of Healing staff can assist you with finding a counsellor in your area. You can call toll free 1.877.777.4842, 250 or 753.3990 for our assistance, Marina White Ext 224.

11. Am I allowed having visitors during the program?

Visitors are not allowed to attend the program/lodge while in session.

12. Am I allowed to leave during the program and return?

No. In making your commitment to attend healing programs, we ask that you remain at the site until program completion.

13. Do I need a Doctor's referral prior to attending a program?

No, however you are required to have a Tuberculosis Testing (TB testing).

14. Am I allowed making phone calls while I am attending a program?

Experience has taught us that phone calls home interrupts the healing process. Emergency calls only at discretion of facilitators. Also, that Cell Phones are to be handed in to Liaison workers at time of Check-in.

15. How do I know if I'm ready for group therapy?

FNHH programs do use group therapy. You should be ready to share emotions and personal experiences with others in a safe setting in an open manner as well as receive feedback from others.

16. Am I allowed to bring my cell phone?

No, Cell phones, Blackberry's or PC's are not permitted during schedule programming. If you choose to bring any of these devices to be handed into the FNHH Liaison Worker and they will return when the program is over.

17. I want to attend more than one program. Is that alright?

No. There is a limit of one program per schedule year.

18. Where do I have a TB test done?

You will need to go to your local Health unit (whether it is your local band health unit or a public health unit), to be able to get one done.

It is a **two step** process.

- **First process** is to go in and get the skin test done
- **Second step** is to go back for results up to **72 hours** after skin test.
- **Please note:** If you have previously tested positive for TB testing – than you would have a chest x-ray

You will need a copy sent to FNHH by application deadline. Your TB screening test needs to be included with FNHH Intake Package A&B.

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