

Mushkegowuk Health
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General Inquiries: Land Based Detox Healing Program

1. Where is the land-based program being held?

Our primary location for land-based is held in Cochrane, ON. Some dates will be located at campsites.

2. Will travel to the land-based location be paid for?

Yes. Travel requests are sent to NIHB (Ontario-residents only) to arrange travel to our site from your location. Last minute travel costs for standby participants are at your own expense and you can apply to NIHB for reimbursement.

3. Who can attend the Land-Based Healing program?

Indigenous citizens of the Mushkegowuk area are prioritized but we will accept Indigenous citizens from other areas.

4. I'm not sure if I believe in culture or traditional ways of life, but I still want to attend. Will it be ok to just observe?

We encourage those who apply to come in with an open mind and heart to learn about Indigenous people and the history. You will be provided with the opportunity to learn about yourself mentally, physically, spiritually and emotionally.

5. Is there someone on site to monitor withdrawals?

There is a nurse on site with the participants 24/7. Assessments are done daily and nightly with each individual to monitor the withdrawal process.

6. What are the ages allowed and are families allowed to come?

The program focuses on personal healing and wellness, and how trauma impacts family. It is encouraged that you participate for yourself and with your partner/spouse.

You are allowed to participate with your spouse and/or family member over the age of 16.

7. Do you cover babysitting fees?

No childcare services are provided on site, nor do we cover the cost of childcare. Our facility is not equipped for individuals under the age of 16.

8. What happens when I'm on the waitlist to attend?

Waitlisted participants will be called on short notice if there is an availability, this is usually within 24-48 hours prior to the program start date.

9. What do I need to bring?

You will need to bring any medications, including diabetic supplies, epi-pens, or allergy meds. Clothing for the week and be sure to dress for the weather.

Food and accommodations (blankets, pillows, etc.) will be provided during your stay.

10. I am on Methadone/Suboxone, am I still allowed to come?

It is encouraged that any participant in the land-based detox healing program be FREE of any opioid TREATMENT SUPPLEMENTS 14 DAYS before coming to the Land-Based Site. Please be completely honest about your medications as you may be at risk to your own health.

11. I am on Sublocade, can I come?

Individuals who are on sublocade may attend the program. However, if your next scheduled appointment is booked during the program dates you may be asked to be deferred to the next land-based visit.

12. I'm ready for this, how do I sign up?

Download the Intake application, Confidentiality, Privacy of Information, and Consent forms on our website: www.mushkegowukhealth.com or email moma@mushkegowuk.ca and request for an intake application.

Once you have completed the applications and consent forms, please submit to moma@mushkegowuk.ca or fax to 705.268.0435.

13. What is the Intake Process?

Once you have submitted the intake application and consent forms, it will be forwarded to the Land-Based team and reviewed. You will be placed on the next available land-based session. You or the referral source will be contacted to be made aware of land-based sessions and if requested, we can add you to the waitlist should an opening become available sooner.

14. Why so many questions for the intake?

Information is gathered to better understand your needs, and how the facilitators can help you. It's also gathered to help identify After Care programming.

15. What happens when the Land-Based program is done?

The land-based team is available to provide any referrals or support services to those who have attended the program. Services include: 1-on-1 support, treatment applications, in-house referrals, access to traditional healing programming, community visits and outreach, etc. For more information, ask our team.