

The DEAL Program is designed to connect incarcerated people with the services they want or need in order to better understand alcohol & drug abuse, addictions, and the effects of either on all aspects of their lives through:

- ◆ Assessment interviews
- ◆ 1 to 1 and group sessions
- ◆ Education & Information
- ◆ Individual workbooks
- ◆ Community referrals
- ◆ Personalized recovery support and planning



Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

D.E.A.L PROGRAM

In partnership with
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**D.E.A.L
Program**
Drug, Education and
Living



**Ne-Chee Friendship
Centre**

EDUCATION

Effects of Drug and Alcohol use on:

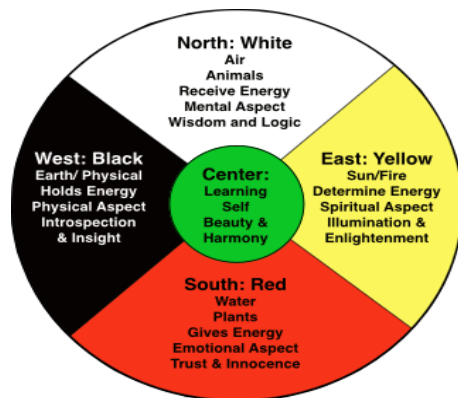
- ◆ Relationships
- ◆ Lifestyle function

Effects and Management of Withdrawal:

- ◆ What happens to mind, body and spirit as the drugs/alcohol leave your body
- ◆ How to manage any symptoms you may experience

We use a series of Hazelden Workbooks to help individuals begin to understand where their behaviour comes from, so that we can look at where and how change can happen. Some of the titles are:

- ◆ Drug and Alcohol Education
- ◆ Criminal and Addictive Thinking
- ◆ Socialization
- ◆ Relapse Prevention



PREVENTION

Understanding the Risk Factors:

What makes someone more or less likely to become trapped in destructive drug/alcohol behavior?

- ◆ Financial instability
- ◆ Housing instability
- ◆ Lack of support
- ◆ Education
- ◆ Isolation
- ◆ Personal trauma

Coping Strategies: What skills can we cultivate that help us move away from the risks?

- ◆ **Effective Communication**
 - ask for what you need respectfully
 - share your thoughts/feelings clearly
- ◆ **Management of Symptoms**
 - dysfunctional anger
 - stress
 - depression/anxiety
 - physical health
- ◆ **Building Resources:** Learning what people, places and services are in the area to help achieve the above



INDIVIDUALIZED WELLNESS PLANS

Identify Goals/Needs:

- ◆ Emotional
- ◆ Financial
- ◆ Vocational
- ◆ Social
- ◆ Physical
- ◆ Environmental
- ◆ Spiritual
- ◆ Education

Get Connected: Having appointments made or having all the contact info to meet the identified goals/needs.

- ◆ Medical services
- ◆ Housing supports
- ◆ Income
- ◆ Counselling
- ◆ Parenting
- ◆ Employment/Training
- ◆ Treatment options

Build a Support Network: Include people, (friends, family or people with common interests) and places (safe and sober environments) that will hold you up and hold you accountable as you learn to walk in a new way