



COMMITMENT

COMMUNITY IMPACT STATEMENT Part 2

May 11, 2020

The issues with substance abuse and chemical dependency is something that should not be done alone without some sort of harm reduction or medical support.

If in your heart you wish to stop, you are taking the first step to your recovery. This journey will not be easy and will be full of self-doubt and/or possible depressive moods.

This beginning, there will be a lot of physical and mental work.

Testing your commitment to having better health, free of addictions and the reason for the addiction.

- Make contact with your NNADAP counsellor
- Visit your doctor to help defend against the physical and mental discomforts. (withdrawals)
- Perhaps detox center
- Continue your regular contact with your counsellor
- Attend supportive meetings, A/A or N/A
- Prepare a recovery plan and list of your supportive contacts
- Explore new views and avoid unhealthy company
- Complete intake forms to FNHA approved treatment center
- Return to your community after 6 to 8 weeks
- Continue with NNADAP counsellor
- Continue with A/A or N/A meetings and their twelve-step program
- Keep in contact with medical support and your contacts
- FEEL GOOD AND STRONG ABOUT YOUR ACHIEVEMENTS, YOUR SOBRIETY AND YOUR COMMITMENT TO YOURSELF

It's a journey long and hard at first. Leaving your old friend behind (Bud Weiser, Jack Daniels, Jim Beam, Jib, Mary Juana, Nose Candy and/or many other tricky friends.)

If you use, stop. Get healthy. Stay healthy. Get help. Treat yourself well.

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