

General Inquiries: Land Based Detox and 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 Detox and 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. Do I have to attend all of the programs during the intake?

Yes. Full participation is required. This is an intensive, land-based healing program designed to support personal growth and recovery through cultural and traditional practices. Individuals who are not willing to fully engage in the program will be discharged.

6. Is there someone on site to monitor withdrawals?

There will be a nurse on site from 8:30AM – 12:00AM daily. A night attendant is also available on site 12:00AM – 8:30AM. Assessments are done daily (morning and night) with each individual to monitor the withdrawal process by the nurse.

7. 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.

8. 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.

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

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

10. What do I need to bring?

You will need to bring any medications, including **diabetic supplies (insulin), epi-pens, or allergy medications**, clothing, hygiene supplies, a water bottle, journal, and any personal belonging that may help you in your healing and recovery during the 7 days of the program. Food and accommodations (blankets, pillows, etc.) will be provided during your stay.

11. 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/narcotic 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.

12. 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 or make arrangements to have your medication administered prior to your intake date.

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

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

Once you have completed the applications and consent forms, please submit to landbase@mushkegowuk.ca or fax to 1-888-777-5708.

14. What is the Intake Process?

Once you have submitted the intake application and consent forms, it will be forwarded to the Land Based team for review. You will receive a confirmation phone call and/or email regarding the status of your application. Once you have been accepted, you will receive another phone call and/or email to determine which land base session you have been invited to attend. If requested, we can add your name to the waitlist should an opening become available sooner than your scheduled date.

15. 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 planning.

16. 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.