



F.W.S. Live-In Treatment Program A GUIDE FOR YOUTH

What is this program?

The FWS program is a free, 6-month voluntary live-in treatment program near Timmins, Ontario. It is for youth ages 12-15 who are going through a tough time whether at home, at school, or in the community.

You live at the centre while getting support to work through challenges and build skills. The program is offered in English and French.

As a family-based program, your family is part of the process. We work closely with them throughout your stay, with the goal of helping you return home with stronger support around you.

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The role of parents or guardians

Your parent or guardian is an important part of your treatment. While you're at FWS, you are still in their care. Here's what's expected of them:

- Continue to support your basic needs, like providing hygiene supplies and keeping up with medical appointments
- Stay in regular contact through scheduled phone calls and onsite visits
- Support the positive changes and new skills you're building as you work toward going home
- Work with the FWS team and attend their own sessions for caregiver support
- Take part in individual, family, and planning meetings
- Use the complaint process if they feel you're not getting the support you need

If you're a parent or guardian considering this program for your child, we encourage you to review this guide together to ease any worries and make the decision as a team.

How do you get involved?

This is a voluntary program meaning you choose to be here. Because it involves living away from home, it's important that you feel ready for this step and that you have tried other supports first in your community.

A referral can be made by a professional, a family member, or even by you. Once a referral is made, a review is done to make sure the program is the right fit. From there, a plan is created that is tailored to you and your family's needs for the 6 months.

How to make a referral

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What is expected of you?

Everyone in the program is expected to take part in daily activities including chores, school, recreation, skill-building sessions, and planning meetings.

What does the program include?



You have your own bedroom. Only you and the staff have access to your room to keep your belongings safe. There are four private, gender-neutral washrooms.



Meals and snacks are eaten together at set times. An onsite cook prepares healthy meals, and dietary needs can be accommodated.



You attend school during the week either in an onsite classroom (French or English) or at a local community school, so you stay on track with your learning.



We have a team of over 30 caring staff, including child and youth workers, social workers, and supervisors who are here to support you.



You will be matched with a primary worker who acts as your coach and helps you work toward your goals. You can also keep working with any existing support workers.



Family visits happen onsite and are planned ahead of time. Home visits can be scheduled after your first month in the program.



You will participate in group programs and activities that help you learn more about yourself and build practical life skills.



There is time every day for fun and relaxing. Leisure time activities include sports, books, puzzles, board games, video games and more.



You get phone calls with your parents or guardians at set times each day. Calls with professionals on your support team can also be arranged.



Once a month, you'll have a Case Management Plan meeting with your support team and parent/ guardian to talk about how things are going and next steps.

What is a typical day?

We have predictable routines so you always know what is coming next.

WEEKDAY SCHEDULE (During School Year)

7:00 a.m. - 8:30 a.m.

Wake up & breakfast

9:00 a.m. - 12:00

p.m. School

12:00 p.m. - 1:00 p.m.

Lunch

1:00 p.m. - 3:00 p.m.

School

3:00 p.m. - 3:30 p.m.

Snack & phone calls

3:30 p.m. - 5:00 p.m.

Group Programs

5:00 p.m. - 6:00 p.m.

Supper & chores

6:00 p.m. - 7:00 p.m.

Quiet time in own room

7:00 p.m. - 8:00 p.m.

Programs & activities

8:00 p.m. - 9:00 p.m.

Leisure time

9:30 p.m.

Bedtime

Weekend and summer schedules may look a bit different. Individual clinical sessions can happen at any point during the day.

Common questions about the program

Can my friends visit me?

Yes, your friends can come to see you for a scheduled visit if they are on the approved contact list for visiting.

Can I use my own cellphone?

No. While you're in the program, you cannot use your personal cellphone or devices. You will have access to the internet through monitored use in classrooms and some activities.

What should I bring?

Bring the basics like clothes, shoes, hygiene products, school supplies, and a few personal items. You can also bring certain types of approved MP3 music players.

What chores will I have to do?

Things like tidying your room and taking part in common household chores are part of the program. It builds responsibility and makes the space feel like a shared home.

What can you expect from us?

- Two staff on duty 24/7 and a daytime supervisor
- A structured daily routine so you know what to expect each day
- Fun activities, skill-building, and recreation time
- Connections to local community and cultural activities
- Clinical supports for you and your family to work with and set goals as you work toward positive change

Our hope for you

We are here to provide a safe, inclusive space that welcomes all cultural identities and genders. Our intention is to help you find your strengths and build upon them. The FWS program is here to support you and your family through a difficult time and to help you build the skills and confidence you need to create lasting, positive change in your life.

For more information

If you are interested in learning more or have questions, please visit neofacs.org or call us at **1-866-229-5437/KIDS** to speak with our Mental Health Intake