



# Tools for change

a guide for  
professionals

## A safe and therapeutic environment for young people

The Compass Residential Youth Program is an eight-week program for adolescents 13-17 years old who are experiencing significant problems with their use of alcohol or other drugs. A licensed child care facility located near Portage la Prairie, Compass

offers a safe and therapeutic environment for young people who recognize that their drug use is a primary problem and who want to make changes but have been unable to do so with the resources available to them in their community.

### *Three phases comprise the Compass program*

During the first two weeks, the **Assessment Phase** focuses on orienting clients to the program, defining therapeutic issues, and determining program suitability.

Over the next four weeks, the **Discovery Phase** provides opportunities for clients to acquire the knowledge, insight, and skills relevant to their particular needs.

In the remaining two weeks, the **Experience Phase** allows clients to apply tools acquired to enhance readiness for return to community living.

The duration of each phase may be adjusted to address individual needs.