WHAT IS RESTORATIVE COUNSELLING
& The Restorative Wellness Project?

- ***Restorative Counselling*** was named to honour the example of our relatives involved in the ***Restorative Justice*** (RJ) Movement. We are working with RJ Board Members that have been part of the organization since it was founded.
- Restorative Counselling is (in essence) a sweetgrass little-sister organization to the sage Restorative Justice program. This indigenous approach to helping branches from the foundation of indigenous-led social justice to an emphasis on healing and recovery. The path to wellness taken at Restorative Counselling is similarly driven by cultural and spiritual teachings.
- **Restorative Counselling *is a therapeutic approach* that combines cultural, spiritual and relational teachings with science, medicine and research-based practices to support well-being**. *Please read that again, as we strive to represent each of these practices in all we do.*
- Restorative Counselling (RC) extends beyond the highly valued "biopsychosocial-spiritual model" of mental health with additional layers:
  - Integration - of scientific and culturally- based wisdom and medicines.
  - Collaboration – inclusive program that is accessible to all other organizations and communities as an additional resource. Serves all social classes and cultures. Clients witness the collaborative efforts of helpers and wisdom keepers from many faiths and Nations as we discuss common foundational teachings on wellness in group services.
  - Specialization – Our dynamic team of contracted professionals are highly skilled and experienced working with the most complex and vulnerable populations. Our program includes access to clinical counsellors (RCC), social workers (MSW, RSW) , high school counsellors (MEd) and case managers / outreach workers. We offer psychiatric consultation, case consultation for co-occuring disorders, substance abuse, EMDR Therapy, PTSD support and group treatment for "Borderline personality disorder" / Complex trauma , Burnout, Anxiety, Depression, Post-Partum Mood Disorders and Relapse Prevention.
  - We also support family members in need of deeper understanding of how to support their LGBT@2S+ relatives, particularly through transition periods.

- An **operational definition** of Restorative Counselling would be that it is a

Low-Barrier - Community-driven, Culturally-informed, SPIRITUAL-Biopsychosocial Model of wellness.

- Our mission is to provide rapid-access wrap around support for even the most traumatized and vulnerable community members. All team members are trauma-informed, highly specialized and very good at the role they play in providing mental health.
- All therapeutic groups provide the rich overlap of generational experience by including teachings from Indigenous Wisdom Keepers, Aunties and Uncles from MANY NATIONS.
- We were founded in Snuneymeuxw Nation by (Big Sister) Kristen Berube MA, RCC in 2012 as a part-time counselling practice utilizing culturally informed practice.

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Please have clients email all requests for service to **intake@restwp.com**
to set up an intake call with our team

- Upon request by psychiatry, doctors and clinicians, Restorative Counselling agreed to fill an unmet clinical need in the community by offering clinical groups outside of traditional business hours. Little sister Danielle Berube MSW, RSW joined the initiative and with the inclusion of Elder's teachings and cultural content the business model became further steeped in protocol (such as traditional gifts for Elders and clients (upon completion).
- A connection was made with hereditary chief Calvin Craigan (Sechelt) and former Snuneymeuxw chief Geraldine Manson by their direct participation in the group programs.
- The culturally enriched online offerings of these groups began to be recorded in order to preserve the facilitators teachings and begin a digital collection of Elder's teachings, stories, songs and prayers.
- With the Covid-19 crisis starting in March, the restorative wellness project met community need and expanded to offer multiple weekly therapy groups (100% online via zoom).
- The exponential growth of the program required mentorship from Elders, Hereditary Chiefs and the participation of a multi-disciplinary team. As our team grew, our ability to support a number of high priority populations also grew.
- With the addition of community partners and the potential for research a relationship was formed with both Restorative Justice and UVIC (who graciously offered practicum students); the project was then named: **THE RESTORATIVE WELLNESS PROJECT (RWP; Berube & Berube, 2020).**
- We are now connected with the Métis Society in partnership to access National Funding opportunities and to serve more isolated citizens across Canada.

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WHAT SERVICES DO WE OFFER, WHO DO WE SERVE AND WHICH COMMUNITIES HAVE ACCESS?

- **1:1 Services Offered**
  - 1:1 therapy including Responsive Trauma Counselling and EMDR Trauma Therapy for citizens, residential school survivors and health care providers.
  - Coaching services and specialized clinical care from a multi-disciplinary team of providers familiar with co-occuring disorders, addictions and the provision of support for LGBTQ2S++ clients and their families. Generous sliding scale services provided.
  - Advocacy, Social Work and Case Management to assist clients with navigating complex organizational systems or delays.
  - Referrals to other community supports and helping organizations to meet the unique needs of each client with an open invitation and spirit of friendship in working together.
  - Clinical Supervision or support for counsellors or social workers who are feeling reactive to work or clients.
  - Collaboration with GP's and Psychiatrists (ex: weekly medication monitoring) to relay important information or updates on behalf of the client.
  - **Payments are due prior to session or group start & can be made via etransfer to restwp@outlook.com**
- **GROUP THERAPY**
  - **DBT Skills Training** – *Dialectical Behaviour Therapy* **(DBT: *20 weeks)***
    - DBT was initially created to support clients that were diagnosed with borderline personality disorder. These folks struggle with emotion regulation and their intimate relationships are often strained. Through direct experience with this population, it becomes evident that DBT is actually

treating complex trauma and attachment wounds. The 4 branches of DBT each last 1 month: Core Mindfulness Skills, Emotion Regulation Skills, Interpersonal Effectiveness Skills and Distress Tolerance Skills. Also known as the Gold Standard for treating eating disorders.

- **Mindfulness-Based Relapse Prevention** Group **(MBRP: 8-10 weeks)**
  Based on MBSR by Jon-Kabat Zinn, the intention of the program is to offer practices cultivating mindful awareness to individuals suffering from the addictive trappings and tendencies of the mind. MBRP practices are intended to foster increased awareness of triggers, destructive habitual patterns, and "automatic" reactions that seem to control many of our lives training to prevent relapse into destructive behaviours.
  - **Mindful Self-Compassion (MSC: 8-10 weeks)**
    An advanced group for clients with the capacity for self-reflection, for clients that have completed 1:1 counselling and DBT group or for fellow helpers, teachers, doctors, nurses and healthcare providers.
  - **Morning Coffee, Check-In and Gratitude**
    For Our Community Partners, Referring Clinicians and Helpers, Alumni, Team Members and Wisdom Keeper.

- Our gold-standard group offerings allow us to serve a large population through online therapy and remove obstacles to service.
- Our groups encourage an opportunity for social support between youth and young adults, isolated seniors, helpers approaching burn-out and anyone else struggling with the intensity of their experience through Covid-19.
- These groups can also meet need in isolated communities or reserves that are not open for visitation.
- Other practitioners and community leaders can to speak to the necessity of these mental health groups and counselling services, particularly in the current Covid-19 impacted climate. **(Endorsements can be attached).**

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  - We can proudly say that to date we have never turned anyone away from service due to lack of benefits or income.

- We are here to address the need for support and service in order to protect against mental health and addictions related deaths in vulnerable populations throughout and beyond the Covid-19 pandemic.

- We wish to extend the opportunity to participate in our programming for credit to grade 11 and 12 high school students across Canada and are wide open to collaborate with all school districts and traditional school programs.

We are here and ready to welcome those in need! To refer clients to us or book a meeting or session, please email restwp@outlook.com with your request.

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