

ADDICTION & MENTAL HEALTH SERVICES

COPYRIGHT

- This material is created for those enrolled in the Terminator Conference and cannot be reproduced, retransmitted or copied

THINGS TO CONSIDER...

- Is the patient at risk to harm self/others?
- Is detox/withdrawal management needed?
- Is there previous treatment experience?
- Is there a co-occurring addiction & mental illness?
- Is it a family integrated treatment program?
- Is there a wait list?
- What are the wait times?
- Is a referral needed?
- What stage of change is the patient in?

DETOXIFICATION SERVICES

Alpha House

203 15 Avenue SE
403-234-7388 ext. 2
Shelter (intox)
30 bed Social detox
Transitional bed program
Housing

Walk in ANY TIME (No fee)

Renfrew

1611 Remington Road NE
403-297-3337
40 bed, medical detox
Non-smoking
Buprenorphine/naloxone
inductions

**Arrive at 7:30 am for triage
(No fee)**

Health Upwardly Mobile

5316, 7005 Fairmount Drive SE
403-536-2480
Medically supervised outpatient withdrawal
management and medical detoxification
Includes a comprehensive treatment plan

Appointment needed (Fee for service)

PChAD Detoxification Services for Youth

- The PChAD program allows a legal guardian to ask the Court for a protection order for their child to be put in a protective safe house for up to 10 days (**involuntary**)
- Is a structured & protective setting to begin detoxification. Counsellors assess the adolescent's substance use & offer treatment recommendations
- To access PChAD, legal guardian must attend a pre-application information session with an Addiction Counsellor at the Addiction Services office. More Information is available through Health Link 811

Adult Addiction Services (formerly AADAC)

- 3rd Floor, 707 10 Avenue SW, Calgary
- 403-367-5000
- Walk-in intake DAILY @ 12:30 pm (Monday-Friday)
 - Short-term, outpatient counselling
 - Individual counselling and assessment
 - Group treatment
 - Education, skill, and support groups program
 - 4-week, intensive day treatment program for those committed to abstinence
 - Referral assistance for residential treatment

Public Access Addiction Services

<https://www.theaddictionnetwork.com/>

In-patient consultation service (medical referral required):

- **Peter Lougheed Centre**
- **Rockyview General Hospital**

Patients with a substance use disorder

All patients on or wanting opioid agonist therapy

Comprehensive assessment & treatment plan for patients with known or suspected substance use disorder

- **MI if pre-contemplative**
- **Assist with harm reduction depending on stage of change**
- **Chronic pain patients interest in buprenorphine/naloxone**
- **Pharmacotherapy for alcohol use disorder**
- **Assist with management of withdrawal**

ARCH- Addiction Recovery and Community Health Program

Peter Lougheed Centre

In-patient harm reduction service

- Physician
- NP
- RN
- Addiction Counselling
- Peer support
- Pharmacist

The overall goal of the PLC ARCH Team is to improve health outcomes and health care access for patients with substance use issues including those who face social inequities.

Youth Substance Use/Mental Health Services

Youth Addiction Services (12-17 years)

Alberta Health Services

- 1005 17 Street NW
Calgary 403-297-4664
- Intake & assessment services
- 8:15 am – 10:30 am: Monday, Wednesday, Friday

South Health Campus - Child & Adolescent Addiction & Mental Health Community Clinics

- 31 Sunpark Plaza SE., Calgary 403-943-1500
- Psychosocial assessment & treatment services to children
5 -18 years with moderate/severe mental
health issues & their families.

Wood's Homes Community Resource Team

Seven days a week, 24-hours a day

Text and LiveChat: 9 a.m. to 10 p.m.

Mobile response: 12 – 7 p.m.

24/7 crisis phone support for children & families

Call: 403-299-9699 or 1-800-563-6106

Text: 587-315-5000

LiveChat: [iCarol](#)

Referrals available for long-term support

The Eastside Family Center – family conflict

Single-session counselling: **no cost/no appointment**

Walk-in Counselling: Therapy session with registered
mental health professional

Assistance with: mental health concerns, stress,

Relationship issues

Youth Substance Use/Mental Health Services

South Health Campus

- 31 Sunpark Plaza SE, Calgary
403-943-1500

Wood's Homes Community Resource Team

- 403-299-9699 (9:00 am – 10 pm)
- Crisis response – depression, suicide, drug/alcohol concerns
- Referrals available for long-term support
- The Eastside Family Center – family conflict
- Single-session counselling: **no cost/no appointment**
- Walk-in Counselling: Therapy session with registered mental health professional
- Assistance with: mental health concerns, stress, relationship issues

Community Addiction Support Groups

ALCOHOLICS ANONYMOUS

www.calgaryaa.org

12 Step focused abstinent based support group for alcoholic addition

AL-ANON

<https://al-anon.ab.ca>

Hope & help for family & friends of alcoholics

ALATEEN

<https://al-anon.ab.ca/alateen>

Share experience, strength, & hope with each other

SMART RECOVERY

www.smartrecovery.ca

Self-help group for addictive behaviors (substance and/or activities)

Harm reduction/CBT

REFUGE RECOVERY

www.refugerecoverybeltline.com

Buddhist meditation based support group

RESIDENTIAL TREATMENT – PUBLIC SERVICES

Alberta Health Services

Business & Industry Clinic (Grande Prairie)
Lander Treatment Centre (Claresholm)
Fort McMurray Recovery Centre
Northern Addictions (Grande Prairie)
Henwood (Edmonton)
Medicine Hat Recovery Centre

Considerations:

Cost

Transportation

Can they smoke?

Are their medications permitted?

Is OAT accepted?

Men, women, co-ed, aboriginal focus?

How many days of abstinence?

Help them get the medical done!

ADULT RESIDENTIAL TREATMENT

Calgary Programs:

Fresh Start (men)
1835 House (men)
Simon House (men)
Oxford House (men) – sober housing
Aventa (women)
Alcove Addiction Recovery (women)
Recovery Acres/CARE (women)
Dream Centre – treatment & sober housing
Narrow Roads (women)

Private Treatment Programs:

Edgewood
Homewood
Top of the World
The Orchard

Indigenous Focus:

Sunrise Healing Lodge (co-ed)
Poundmaker's Lodge Treatment Centre
(adult & young adult)

NNADAP: National Native Alcohol and Drug Abuse Programs in Alberta:

Beaver Lake Wah Pow
Footprints Healing Centre
Kainai Healing Lodge
Kapown Rehabilitation Centre
Wood Buffalo Wellness Centre (Mark Army
Centre)

YOUTH RESIDENTIAL ADDICTION TREATMENT

Alberta Health Services

- Youth Adventure Based Therapy
(3-month) wilderness program

Alberta Adolescent Recovery Centre

- Long Term Intensive program (8 – 12 months) for youth aged 12-21 and their families with substance use disorders & mental illness

Rock Solid Recovery Centre (Saskatchewan)

- A 12-month, biblically-based program for 13-18 year-old **male adolescents** struggling with life-controlling issues such as substance abuse, pornography, & challenging behavior

CONCURRENT DISORDER PROGRAMS

THE ADDICTION CENTRE

403-944-2025

Outpatient concurrent disorder program, Adult and Adolescent

Access Mental Health Referral

2-3 month wait

CLARESHOLM CENTRE FOR MENTAL HEALTH AND ADDICTION

403-682-3500

Residential program up to 3 months

Generic AHS referral form

Wait time varies, up to 6 months from community

CENTENNIAL CENTRE PONOKA

403-783-7754

In-patient program, 18-64 years old

Generic AHS referral form

ADDICTION & MENTAL HEALTH COMMUNITY HEALTH RESOURCES

PRIMARY CARE NETWORKS

South Calgary, Calgary West Central, Calgary Foothills
Mosaic

A **network** of doctors, other **health** providers such as nurses, mental health specialists, dietitians and pharmacists, working together to **provide a team based approach to health care**

THE ALEX

403-266-2622

Comprehensive community health services
families, youth & seniors

Youth Health Bus

Youth Health Centre

Family Health Centre

CommiTree Wellness Centre

Seniors Health Centre

CUPS

Primary Care Clinic – 403-221-8797

Women's Clinic – 403-221-8790

Primary & **mental health** care to low income adults
& families who DO NOT have a family physician

Walk-in, first-come, first-serve basis

Must meet LICO cut-off rates to receive service

POTENTIAL PLACE

110, 999 – 8th Street SW, Calgary, 403-216-9259

Hours 8 – 4 pm

Walk in support club for young adults **struggling with mental illness**

2-week process to become a member

Education, employment, & housing support
Programs

Social, recreational & personal skills development

MENTAL HEALTH/URGENT CARE

Sheldon M. Chumir Health Centre

Airdrie Community Health Centre

Canmore General Hospital

Cochrane Community Health Centre

Mineral Springs Hospital

Okotoks Health and Wellness Centre

South Calgary Health Centre

Walk-in mental health assessments

Psycho-social assessments & support
on an outpatient basis

Urgent mental health conditions may include:

- depression

- anxiety

- thoughts of suicide or harming oneself

- overwhelming stress

- addictions

- other crisis situations

MENTAL HEALTH RESOURCES

THE DISTRESS CENTRE

Adults: 403-266-HELP
Youth: 403-264-TEEN
24/7 telephone support during mental health crisis

MENTAL HEALTH HELPLINE

1-877-303-2642
Provides confidential and anonymous mental health crisis intervention, support, information and referrals to other programs

CALGARY COUNSELING CENTRE

403-265-4980
Intake 403-691-5991
Intakes over phone
Sliding scale fee for counselling

ACCESS MENTAL HEALTH

www.albertahealthservices.ca/services/Page11443.aspx

403-943-1500 Ext 1 (Child & Adolescent Services)
403-943-1500 Ext 2 (Adult & Senior Services)

Help navigate addiction & mental health system
Familiar with Alberta Health Services & Community based programs

Explore options & direct/refer clients to appropriate resources
Can book a one-time consult with a psychiatrist (report provided)

GENERAL HELP RESOURCES

211 Alberta

Call 2-1-1
Information on Community and Social Services in Calgary

811 Health Link

Call 8-1-1
Health advice and related crisis support

Canadian Mental Health Association

Calgary Region's (CMHA Calgary) mission to be a leader in reducing the impact of mental illness and addiction in community. For more than 60 years, we have provided a person and family centered integrated service model focused on early intervention and prevention of a mental health or substance use concern that delivers a measurable increase in community resiliency.
Recovery College Calgary

Thumbs Up Foundation

Purpose is to improve access to mental health care. Our vision is to establish and connect resources for those patients suffering in all areas of mental health.