

Withdrawal Management Services

Provides support through acute stages of withdrawal from substances in an inpatient setting or an outpatient basis.

Facility Based Treatment Services

A structured, live-in program for people with substance use disorders. A person's treatment goals are supported through assessment, individualized evidence-based treatments and skill building. The average program is 6 weeks long.

Substance Use Support Recovery Beds

Time-limited substance-free live-in settings provide a safe, supportive environment for individuals who experience low to moderate substance use.

For a complete list of Substance Use Beds available to people within the interior health region, visit www.interiorhealth.ca

- > Your Care
 - > Mental Health & Substance Use
 - > Substance Use Services
 - > Facility Based Treatment Services
- or scan the code below to open the list.



Mental Health & Substance Use Services

Interior Health and our partner agencies provide a wide range of mental health and substance use services for all ages.

We strive to ensure that all services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles.

For a complete list of mental health and substance use services visit www.interiorhealth.ca

- > Your Care
 - > Mental Health & Substance Use
- or scan the code below to go to the Mental Health & Substance Use Services web page.



Not all services are available in all areas

Other Help Lines 24 hours/7 days a week

310-Mental Health Support
310-6789

Children's Help Line
310-1234

Kids Help Phone
1-800-668-6868

Emergency Crisis Line
1-888-353-CARE (2273)

Suicide Prevention
1-800-SUICIDE (784-2433)

KUU-US (Aboriginal) Crisis Line
1-800-588-8717

Métis Crisis Line
1-833-MÉTISBC (638-4722)

Online Crisis Chat Center
www.CrisisCentreChat.ca



Place 1" x 2 5/8"

MHSU Centre label here

We acknowledge the work takes place on the traditional, ancestral and unceded First Nations territory.
We acknowledge the contributions of the Métis Nation.



Interior Health
Every person matters

Substance Use Services

Every journey is unique, any step taken towards recovery is the right step.
- Patient Partner



Mental Health & Substance Use Services

We invite you to connect with our **Access Services** program at your local Mental Health & Substance Use Centre for more information and links to mental health or substance use services that best meet your needs.

Substance Use Services

Provides support services from prevention to intensive treatment for people with substance use disorder.

We respect your right to privacy. We will ask you about involving your family in your care. Sharing information and working with your family and care providers will ensure you receive the best care.

Substance Use Outreach Services

Street-outreach and outreach within facilities through text, telephone & face-to-face contact. Service links people with substance use concerns to treatment and support systems in the community.

Overdose Prevention Services

These services focus on reducing the risks associated with substance use and connecting individuals to other treatment services, including:

- Minor nursing care (where available)
- Distribution of harm reduction supplies
- Safer injection education
- Drug checking
- Take home naloxone kits and training
- Support and referrals to other health & social services

Overdose Prevention/ Supervised Consumption Sites

These sites are physical locations that offer Overdose Prevention Services plus:

- Supervised consumption of a substance a person brings with them to the site
- Overdose emergency response

Substance Use Counselling & Treatment Services

Provides counselling for people experiencing moderate to severe substance use concerns. Services to help people through their wellness journey and recovery may include:

- Support in developing personal treatment goals
- Assessment & interventions
- Group & individual counselling
- Medical & psychiatric consultation
- Education & self-management support
- Referrals to other community services
- Outreach services



Substance Use Day Treatment

Provides structured substance use treatment and support services for individuals. This group based program is 6 weeks, 5 days per week. Services may include Substance Use Counselling & Treatment Services plus:

- Healthy coping & self-care skills
- Social connections within the community
- Tools to sustain a healthy & balanced lifestyle

Addiction Medicine Consultation Services

Provides services for people with substance use disorders while in emergency departments or during a hospital stay. A physician with a specialty in addiction medicine is part of the health care team and guides evidence based treatments.



Opioid Agonist Treatment

A treatment that uses prescribed medications to treat people with opioid use disorders. These medications provide stable, long acting relief from withdrawal and cravings and can improve health outcomes. The primary medications used are Buprenorphine/Naloxone (Suboxone®) and Methadone.

Substance Use Connections

Mental Health and Substance Use clinicians support people who use substances in both hospital and community settings. This priority response is dedicated to patients who present with/or are at risk of overdose. Services may include:

- Short term follow up to support seamless linkages to community based addictions care
- Referrals to Opioid Agonist Therapy
- Liaison with Addiction Medicine Consultation Services
- Assessment & treatment support
- Safe discharge planning from hospital settings

Intensive Case Management

Provides team-based care coordination for people with severe mental health and/or substance use concerns.

Services are provided in the community and are tailored to the person's needs. Services may include Substance Use Counselling & Treatment Services plus:

- Assistance to find & keep housing
- Primary Care
- Outreach