



# Substance Use Services in Interior Health

We strive to ensure our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds. Interior Health and partner agencies provide a range of substance use services for adults 19+.

**Call 310-MHSU (6478) or click here to connect to our Access MHSU Services program for entry or referral into a substance use service that best meets your needs.**  
Our goal is to provide person centered, recovery oriented, trauma informed and culturally safe services based on harm reduction principles.

## Prevention / Early Intervention

Resources to help you with your substance use

### Adult Substance Use Services and Resources

Contains a complete list of adult substance use services and links to a variety of online resources.

### Help Lines Fact Sheet

This fact sheet is a compilation of trustworthy help lines to support you and guide you to other resources.

### Mobile Apps / Virtual Care Fact Sheet

This fact sheet is a list of virtual supports that can be accessed through devices connected to the internet.

### Adult Health Care

Learn about adult health-care services, including advance care planning, fall and injury prevention, immunization, and tobacco reduction.

## Safer Use Services

Easy-to-access services to meet you where you are at, when you are ready

### Substance Use Outreach Services

These services provide street-outreach and outreach within facilities through text and telephone, and in person. These services link you to treatment and support systems in the community. Outreach services may also be included in other substance use services.

### Harm Reduction Services

These services help reduce the risks associated with substance use. They include safer injection and safer smoking education, distribution of harm reduction supplies, Take Home Naloxone kits and training, and drug checking.

### Supervised Consumption / Overdose Prevention Services

These sites provide you with a place to be safely monitored and treated if you overdose while consuming substances. Services include harm reduction, overdose emergency response, health-care services and referrals for treatment.

## Crisis and Hospital Services

Services to help connect you to supports in your community when you're experiencing a mental health or substance use crisis

### Crisis Response

This specialized team provides urgent assessment, intervention and referral at hospitals and community locations.

### Substance Use Connections

These teams support you in both hospital and community settings. This priority response is dedicated to helping you when you present with or are at risk of overdose.

### Addiction Medicine Consultation Services

Doctors with a specialty in addiction medicine are part of your health-care team. They provide guidance and substance use treatments based on your needs while you are in the hospital.

### Integrated Crisis Response Teams

If you've had a mental health or substance use emergency in Kamloops or Kelowna, these teams provide crisis response. Our MHSU clinicians partner with a specially trained RCMP officer to help connect you to the services you need to keep you safe.

**Call a crisis line for immediate assistance 24 hours a day, seven days a week**

### Interior Crisis Line Network

1-888-353-2273

### Suicide Prevention

1-800-784-2433

### KUU-US (Aboriginal) Crisis Line

1-800-588-8717

### Métis Crisis Line

1-833-638-4722

## Community Based Services

Provide you with individual and group counselling, case management or day treatment programs in the community

### Substance Use Counselling and Treatment Services

Group and individual counselling can help you through your wellness journey and recovery. Access assessment and intervention, medical and psychiatric consultation, education and self-management support, referrals and outreach.

### Substance Use Day Treatment

Day treatment provides you with structured group-based substance use treatment and support service. Services may include counselling and treatment services, coping and self-care skills, social connections, and tools to sustain a healthy and balanced lifestyle.

### Intensive Case Management

Our team-based care coordinates a broad range of services to meet you where you are at without judgement. We work with you to meet your immediate needs, and connect you with supports and services to improve your health, and meet your wellness goals.

### Integrated Treatment Teams

Our teams provide judgement free, discreet and flexible community-based substance use treatment to help you achieve personal wellness. Services include virtual and in-person counselling-based treatments, connection to prescription medications, and peer support from people with personal experience.

### Opioid Agonist Treatment (OAT)

OAT uses prescribed medications to treat opioid use disorder. The medications provide stable, long-acting relief from withdrawal and cravings, and can improve your health outcomes. The primary medications used are Suboxone®, Kadian® and Methadone.

### Virtual Addiction Medicine (VAM) Clinic

VAM accepts referrals from IH facilities and FNHA partners to provide urgent access to substance use assessment, treatment, and bridging care until clients can be seen in their local community. VAM is a short-term urgent service; when you are responding well to treatment you will be transitioned to a clinic in your community.

### Outpatient Withdrawal Management Services

We are a team of nurses who work together with other community based services, including physicians. We provide you with caring and compassionate planned withdrawal and substance stabilization services at home, in the community, or as an outpatient.

### Aboriginal Patient Navigator Services (APNs-MHSU)

Our APNs-MHSU work as part of your care team. They are a resource for Aboriginal individuals and families accessing MHSU services, Aboriginal agencies, and health-care providers to ensure care is culturally safe, relevant and guided by you. Services are available in Kamloops and Williams Lake.

## Bed-Based Services

These services may be a fit when community based services cannot meet your treatment goals

### Withdrawal Management Services (Detox)

Receive medically supported services through the acute stages of withdrawal from alcohol or other substances. These services are offered in a live-in setting.

### Transition and Stabilization Services

If you do not have a stable place, and need vital support following withdrawal management, these services provide a safe transition space.

### Adult Treatment Beds

These services help you meet your goals using substance use treatments based on your needs. This structured, live-in program will help you develop skills to manage your substance use.

### Support Recovery Services

If you're experiencing low to moderate substance use, these services provide a time-limited substance-free live-in setting that's safe and supportive.

For a complete list of Interior Health beds available to adults, see our list of [Bed-Based Services](#).

## Notes

MHSU = Mental Health & Substance Use

A solid outline indicates Interior Health (IH), MHSU or IH contracted service.

A dotted outline indicates non-MHSU or non-Interior Health service.