

Call 310-MHSU (6478) to connect to our “Access Services” program for entry into a substance use service that best meets your needs. Our services are Person Centered, Recovery Oriented, Trauma Informed, Culturally Safe and based on Harm Reduction Principles. Not all services are available in all centres

Prevention / Early Intervention

Services available to people who are at risk of or show signs of substance misuse or a mild substance use disorder.

Substance Use Resources

Contains links to a wide variety of online substance use resources.

Substance Use Services for Youth

The Ministry of Children & Family Development (MCFD) provides the majority of child & youth mental health services.

Interior Crisis Line Network

Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24/7.

Kelty's Key Self Help Courses

Program is based on cognitive behaviour therapy; designed by a team of psychologists from Vancouver Coastal Health.

Withdrawal Management Services

Services provide support through acute stages of withdrawal from alcohol or other drugs.

This service is not generally recommended for Opioid Use Disorder (OUD).

Facility Based Withdrawal Management Services

Medically supported services in an inpatient setting are available in Kelowna, Kamloops, Williams Lake and Castlegar.

Home Based Withdrawal Management Services

Services provided on an outpatient basis with access to medical support as required (available in some communities).

Outpatient Treatment Services

Community based individual and group counselling, case management, support and/or day treatment programs.

Substance Use Counselling & Treatment Services

Group & individual counselling for people with moderate to severe substance use concerns, includes assessment & intervention, medical & psychiatric consultation, education & self-management support, referrals and outreach.

Intensive Case Management

Team-based care coordination for people with severe mental health and / or substance use concerns. Services may include Counselling & Treatment Services plus housing assistance, primary care & outreach.

Opioid Agonist Treatment (OAT)

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 Day Treatment

A structured group-based substance use treatment & support service for individuals. Services may include Counselling & Treatment Services plus coping & self-care skills, social connections and tools to sustain a healthy & balanced lifestyle.

Integrated Treatment Teams

Integrated Treatment Teams (ITT) offer flexible and discreet community-based substance use treatment to adults who are 19 years or older. These interdisciplinary teams provide virtual and in-person counselling-based treatments, connection to prescription medications and Peer Support.

Low Intensity Services

Moderate to High Intensity Services

Long Term Recovery Support

Low Barrier Services

Low threshold services intended to meet people where they are at and offer multiple entry points into appropriate services as they are ready.

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 & support systems in the community.

Overdose Prevention Services

These services focus on reducing the risks associated with substance use & connecting individuals to other treatment services. Service includes safer injection education, distribution of harm reduction supplies, Take Home Naloxone kits & training and drug checking. Minor nursing care is available in some areas.

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 and overdose emergency response.

Crisis & Hospital Services

Services provide intervention for people experiencing an acute substance use crisis. The primary focus is to engage with and link clients to service.

Crisis Response

Specialized team who respond to hospital (acute care and emergency departments) and community locations to provide urgent assessment, intervention and referral.

Substance Use Connections

This team supports 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.

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.

RCMP Partnership Teams

These teams, consisting of an MHSU clinician and RCMP officer, respond to mental health and substance use emergencies in the community.

Aboriginal Patient Navigator Services (APN)

The goal of an Aboriginal Patient Navigator is to help make a patient's care and journey to wellness safe, comfortable, less confusing, less stressful, culturally safe and inclusive.

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.

Adult Treatment Beds

Beds that are funded by the Health Authority are available to all Interior Health residents. Bridgeway: Intensive Live-In Treatment and Round Lake Treatment Centre are located within the Interior Health region. Other Health Authority funded Treatment beds located outside of the IH region that IH resident can access include Burnaby Centre for Mental Health and Addiction, Phoenix Centre, Heartwood Centre for Women and Cedars at Cobble Hill.

Support Recovery Beds

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

Health Authority Funded Beds

Beds are available to all Interior Health residents. These facilities are required to be registered as an Assisted Living Residence and are available in Cranbrook, Armstrong, William Lake, Nelson, Vernon, Kelowna, Kamloops and Merritt.