



Substance Use Services for YOUTH in Interior Health

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

Please note that the [Ministry of Children & Family Development](#) (MCFD) provides the majority of child & youth mental health services.

Interior Health and our partner agencies provide the following substance use services for youth under 19 years of age (age range is flexible depending on client needs). **Not all services are available in all centres.**

Call 310-MHSU (6478) to connect to Interior Health's "Access Services" program for entry or referral 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.

Prevention / Early Intervention

Resources for youth who are at risk of or show signs of a substance use disorder.

Kid's Help Line

Trained Crisis Line Responders provide emotional support, crisis de-escalation and intervention, 24/7.

Online Chat for Youth

Virtual drop-in counselling sessions, peer support check-ins and groups for youth aged 12-24.

Indigenous Youth Line

First Nations and Aboriginal specific crisis line available 24/7, regardless of where individuals reside in BC.

Virtual Foundry

Virtual drop-in counselling sessions, peer support check-ins and groups for youth aged 12-24.

Kelty Mental Health Resources

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

Substance Use Resources

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

Bounce Back

A free skill-building program to help youth aged 15+ on their path to mental wellness.

PreVenture

A school-based substance use prevention program using brief personality-targeted interventions with youth 13-15 years of age. Available at select schools.

School Based / Youth Outreach Services

Substance Use counsellors provide services in select high schools and communities to youth who are experiencing substance use problems.

Public Health Services

Provides services for teens to address youth suicide.

Crisis & Hospital Services

Services provide intervention for youth 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

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

RCMP Partnership Teams

These teams, consisting of an MHSU clinician and RCMP officer, respond to mental health and substance use emergencies in the community. Service is available in Kamloops and Kelowna only.

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.

Outpatient Treatment Services

Community based individual and group counselling, youth case management, support and treatment programs.

Substance Use Counselling & Treatment Services

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

Youth Intensive Case Management

Team-based care coordination for youth with severe mental health and / or substance use concerns. Services may include Substance Use Counselling & Treatment Services plus housing assistance, primary care & outreach. Service is available in Kamloops and Kelowna for youth aged 12-24.

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.

Low Barrier Services

Moderate to High Intensity Services

Long Term Recovery Support

Low Barrier Services

Low threshold services intended to meet youth 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.

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 and Kamloops.

Facility Based Treatment Services

A structured, live-in program for youth with substance use disorders. Treatment goals are supported through assessment, individualized evidence-based treatments and skill building.

Youth Treatment Beds

Beds that are available to Interior Health youth include Ashnola at The Crossing (Keremeos) and Peak House (Vancouver).

