



YOUTH Substance Use Services in Interior Health

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

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.

If you have an ongoing mental health concern that is significantly impacting your daily life [Child & Youth Mental Health \(CYMH\)](#) and [Indigenous Child & Youth Mental Health \(CYMH\) Services](#) might be able to provide the best support.

Interior Health and partner agencies provide a wide range of substance use services for youth aged 12-24. Some programs focus on specific, prioritized age groups.

Prevention / Early Intervention

Resources to help you with your substance use

Youth Substance Use Services & Resources

Contains a complete list of services and resources, and links to a variety of online resources.

School Health Care / Mental Health Promotion

Find information to protect and promote the health, safety and mental wellbeing of school-aged children.

Kids Help Phone

Call 1-800-668-6868 for free, confidential support and online resources 24 hours a day, seven days a week.

Online Chat for Youth

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

Virtual Foundry BC

Foundry BC offers virtual drop-in counselling sessions, peer support check-ins, and groups for youth aged 12-24.

Kelty Mental Health Resources

Kelty offers links to a wide variety of online substance use resources.

BounceBack®

BounceBack® is a free skill-building program to help youth aged 15+ on their path to mental wellness.

PreVenture®

This school-based substance use prevention program offers brief interventions based on personalities for youth aged 13-15. Ask if PreVenture is available at your school.

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 youth substance use services.

Harm Reduction Services

These services help to reduce 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

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

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

Kids Help Phone
1-800-668-6868

Interior Crisis Line Network
1-888-353-2273

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, family support and integration, youth case management, or day treatment programs in the community

Youth Substance Use Counselling & Treatment

This program works with you and your family to set goals, connect with community supports and provide substance use counselling to help keep you safe and move towards wellness.

Youth Substance Use Day Treatment

Designed for youth aged 14-18, this small group program (up to 12 participants) invites you to develop your skills to work on your substance use concerns. Strengthen your wellness through education, practice, fun activities and connecting with others.

Youth Intensive Case Management

These teams offer low barrier outreach 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.

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.

MHSU Caregiver Support

Moms Stop the Harm (MSTH) offers peer-led **Holding Hope Support Groups** to connect and share without stigma. The Canadian Mental Health Association (CMHA) Kelowna offers **family navigation and education** to help access resources and supports. Both programs are available at no cost for caregivers across the Interior Health region who support youth who use, or have used, substances.

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.

Youth 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.

For a complete list of Interior Health beds available to youth, 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.