

Mental Health and  
Substance Use Services

# Substance Use Day Treatment Program



Register by calling  
**(250) 549-5737**

**Vernon MHSU  
1440 – 14th Avenue  
Vernon, BC**

**Monday to Thursday  
9:30 am – 2:30 pm  
(45 minute lunch break at 12:00 pm)**

Daily attendance for 6 weeks is expected.  
For more information on this program, call us or  
speak with your counsellor / case manager.

Sponsored by:



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

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**(250) 549-5737**

### **Who Can Attend**

Appropriate individuals for this program are those that:

- Not currently using substances
- Have stable housing
- Able to interact and engage in group settings
- Have an open mind, motivated, and willing to address substance use issues
- Have a withdrawal management protocol

### **Program Description**

Together we will create a better understanding of substance use, the impacts on our body, and replace them with healthy, coping and social connections within the community.

The purpose of this program is to provide you with tools and skills to sustain a healthy and balanced lifestyle in community.

This interactive educational and discussion group is 6 weeks, 5 days per week.

### **Learn Techniques**

- Mindfulness: being in the present using practical coping skills
- Process of change
- The biology of addiction
- Stages of recovery
- Thoughts, feelings and behavior
- Managing emotions
- Triggers, cravings and urges
- Self-esteem and identity
- Healthy coping and self-care
- Harm reduction
- Relationships and supports
- Healthy communication
- Building a healthy lifestyle
- Relapse prevention