



# 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) 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 & culturally safe services based on harm reduction principles.

Please note that [Child & Youth Mental Health](#) (CYMH) provides the majority of child & youth mental health services. Interior Health and our partner agencies provide the following substance use services for youth aged 12-24 with some programs including priority ages.

## Prevention / Early Intervention

Resources to help you with your substance use.

**Youth Substance Use Services & Resources**  
Contains a complete list of youth Substance Use Services and links to a variety of online resources.

### Kid's Help Line

Trained Crisis Line Responders provide you with emotional support, crisis de-escalation and intervention. Available 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 for all indigenous youth living in BC. Available 24/7.

### 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.

### 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.

Ask if PreVenture is available at your school.

### School Based / Youth Outreach Services

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

## Safer Use Services

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

### Substance Use Outreach Services

Provides street-outreach and outreach within facilities through text, telephone & face-to-face contact. Service links you treatment & support systems in the community. Outreach services may also be included in other Youth Substance Use Services.

### Harm Reduction Services

These services focus on helping to reduce your risks associated with substance use, and include safer injection education, distribution of harm reduction supplies, Take Home Naloxone kits & training and drug checking.

### Overdose Prevention / Supervised Consumption Services

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

## Crisis & Hospital Services

These services help connect you to supports in your community when you are 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

Our physicians with a specialty in addiction medicine is part of your health care team and guides evidence based substance use disorder treatments while you are in the emergency department or during a hospital stay.

### RCMP Partnership Teams

Our MHSU clinicians, partnered with an RCMP officer, respond to mental health and substance use emergencies in the community. Service is available in Kamloops and Kelowna only.

## 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

This small group program (maximum 12) invites you to develop your skills to work on your substance use concerns and strengthen your wellness, through education, practice, fun activities and connecting with others. Priority ages: 14-18.

### Youth Intensive Case Management

Our 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 is a treatment that uses prescribed medications to treat your 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 Buprenorphine / Naloxone (Suboxone®) and Methadone.

### Caregiver Services

Moms Stop the Harm (MSTH) offer Peer-led [Holding Hope Support Groups](#) to support, connect, and share without stigma. The Canadian Mental Health Association (CMHA Kelowna) offers [Family Navigation & Education](#) to access resources and supports. Both programs are available at no cost for caregivers across the IH region who support youth who use or have used substances.

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

Our APNs-MHSU work as part of your care team and act as a resource for Aboriginal individuals/families accessing MHSU services, Aboriginal agencies, and healthcare providers to ensure care is culturally safe, relevant and guided by individuals/families. Service currently available in Kamloops & Williams Lake.

## Facility Based Services

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

### Withdrawal Management Services (Detox)

Provides you with medically supported services through the acute stages of withdrawal from alcohol or other substances in a live-in setting.

### Youth Treatment Beds

Provides you with a structured, live-in program where your treatment goals are supported through assessment, evidence-based treatment and skill building.

For a complete list of beds available to Interior Health youth see our list of [Facility Based Services](#).

## Please note

MHSU = Mental Health & Substance Use

Purple solid outline indicates Interior Health MHSU or Interior Health contracted service.

Dotted outline indicates non-MHSU or Interior Health service