

## Withdrawal Management Services (Detox)

If you require medically supported services to help you through withdrawal from alcohol or other substances, facility-based withdrawal management can help you do so safely. This service supports you through the acute stages of withdrawal in a live-in setting.

## Youth Treatment Beds

These services may be a fit when community-based services have not helped you meet your treatment goals. Facility-based treatment beds provide a structured, live-in program where you are supported through assessment, evidence-based treatment and skill building.

For a complete list of substance use beds available to youth within the Interior Health region, visit [interiorhealth.ca](http://interiorhealth.ca) or scan the code below.



Beds List

## Mental Health & Substance Use (MHSU) Services

Interior Health and partner agencies provide a wide range of substance use services for youth.

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

Our goal is to provide person centered, recovery oriented, trauma informed and culturally safe services based on harm reduction principles.

For a complete list of mental health and substance use services, visit [interiorhealth.ca](http://interiorhealth.ca)

**Not all services are available in all areas**



We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. This region is also home to 15 Chartered Métis Communities.

## Youth Help Lines (24/7 unless indicated)

**Kids Help Phone**  
1-800-668-6868

**Crisis Line**  
1-888-353-CARE (2273) or  
1-800-SUICIDE (784-2433)

**KUU-US (Indigenous) Crisis Line**  
1-800-588-8717

**Métis Crisis Line**  
1-833-638-4722

**Helpline for Children**  
310-1234

**Online Chat for Youth**  
[YouthInBC.com](http://YouthInBC.com)  
(Noon-1 a.m. 7 days/week)

**Foundry Phone & Online Chat Support**  
[foundrybc.ca/get-support/phone-online-support](http://foundrybc.ca/get-support/phone-online-support)  
(1:15-7:15 p.m. 7 days/week)

**Online Crisis Chat Centre**  
[CrisisCentreChat.ca](http://CrisisCentreChat.ca)



Interior Health

# Youth Substance Use Services



**Mental Health & Substance Use Services**

Call 310-MHSU (6478) to connect with local youth substance use services

## Youth Substance Use Services

Our services aim to increase wellness and decrease substance related harms. Services are designed for youth aged 12-24 with some programs focusing on priority ages.

*We respect your right to privacy. We will ask you about involving your family in your care. Sharing information (with your permission), and working with your family and care providers will ensure you receive the best care.*

## Substance Use Outreach Services

Provides street outreach and outreach within facilities through text, telephone and face-to-face contact. Service links 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 and include safer injection and safer smoking education, distribution of harm reduction supplies, Take Home Naloxone kits and training, and drug checking.

## Overdose Prevention / Supervised Consumption Services (ages 16+)

These sites provide 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.

## 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.

## RCMP Partnership Teams

MHSU clinicians, partnered with an RCMP officer, respond to mental health and substance use emergencies in the community. Available in Kamloops and Kelowna.

## Addiction Medicine Consultation Services

Doctors with a specialty in addiction medicine are part of your health-care team and guide evidence-based substance use treatment while you are in hospital.

## 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.

## 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 (up to 12 participants) invites you to develop 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 (ICM)

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.

## Caregiver Services

Moms Stop the Harm offers Peer-led Holding Hope ([HoldingHopeCanada.org](http://HoldingHopeCanada.org)) support groups to connect and share without stigma. The Canadian Mental Health Association ([CMHAKelowna.com/bc-family-navigator](http://CMHAKelowna.com/bc-family-navigator)) offers family navigation and education to help 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

APNs-MHSU work as part of your care team and act as 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. Available in Kamloops and Williams Lake.