



# Programs and Services

## Addictions Program

*Jill Robertson MSW RSW*

*Dr. Sam Hickox MD CFPC*



Welcome

Introductions

Presentation agenda

Questions Questions Questions 😊

# The Role of Addictions Services

- To provide a variety of supports to adults (19 and older) and their families who have been affected by their own or a loved ones harmful use of alcohol, drugs, and/or gambling
- All of our services are free, entirely confidential and available through self-referral
- Approach comes from a harm reduction framework

# Our Team

- Director
- Program Leader & Clinical Academic Leader (Psychiatrist)
- Health Services Managers – Withdrawal Management and Community Based Services
- Clinical Team Leads – ITS, CBS (2)
- Clinical Practice Educators
- Hospitalist
- Hospital Liaisons
- Clinical Therapists
- Community Outreach Workers
- Spiritual Care
- Nurses (LPN's and RN's)
- Recreation Therapists
- Program Administration Officer – Prevention and Promotion Staff
- Research and Statistical Officers
- Administrative Staff

# Our Locations

- **Intensive Treatment Services**  
300 Pleasant Street, Dartmouth
- **Halifax Community-Based Services**  
1673 Bedford Row, Halifax
- **Bayers Road Community Based Services**  
7071 Bayers Road, Suite 109
- **Spryfield Community Based Services**  
339 Herring Cove Road
- **Sackville Community Based Services**  
40 Freer Lane, Cobequid Multi-Service Centre
- **Eastern Shore Memorial Hospital**  
22637, #7 Highway Sheet Harbour
- **Dartmouth Community-Based Services**  
99 Wyse Road Suite 1070
- **Belmont House**  
33 Alderney Drive 5th Floor
- **Cole Harbour Place**  
51 Forest Hill Parkway
- **Musquodoboit Valley Memorial Hospital**  
492 Archibald Brook Road
- **Twin Oaks Memorial Hospital**  
7702# 7 Highway
- **Hants Community Hospital**  
89 Payzant Drive Windsor

# Accessing Services

- Clients can access any program or service by calling our Central Intake team at **424-8866 (toll free 1-866-340-6700)**, which operates:
  - Monday – Friday 8:30 am - 4:30 pm
  - Walk-in intakes are also available at our 1673 Bedford Row location in Halifax or 99 Wyse Road in Dartmouth (Suite 1070).
- Central Intake provides treatment recommendations and answer questions about treatment options
- Clients receive their first appointment date upon intake completion

# Treatment Matching

- Clients are referred and provided specific treatment recommendations
  - Inpatient stay
  - Community Based Services
  - Other community referrals
- Benefits



# Intensive Treatment Programs

- Inpatient Treatment Services
  - Medically supervised withdrawal
  - 2 weeks of early education/group based learning
  - Discharge planning
- Opioid Treatment Program (Methadone and Suboxone)

# Intensive Treatment Services (Inpatient)

- For those in acute withdrawal
- Admission period is individualized up to a 21 day stay
- Receive medical care, management and support for their withdrawal symptoms
- Also benefit from:
  - Individual counseling and development of treatment plan
  - Wide variety of therapy groups and programs, including recreation therapy
  - Care provided by a professional team, including nurses, social workers, and a recreation therapist
  - May receive a consult to see psychiatry during stay
  - Connection to follow-up care to ensure continued support for recovery
  - Support in accessing community resources upon returning to the community (e.g. housing and income supports)

# Opioid Treatment Program

- Admission Criteria:
  - Age 19 and over
  - Have been using opioid drugs for at least one year
  - Meet the DSM-5 criteria for opioid dependence
  - Have the ability to provide an informed consent to treatment
  - Agree to the terms and conditions of the program
  - Graduated success in the program moving from witnessed doses to carries



## Other considerations:

- Pregnancy
- Readiness for treatment
- Communicable disease (i.e. HIV, Hep C)
- A partner who is in program
- Impending incarceration-enough time to stabilize the client on an opioid replacement

# Community Based Services

Support to individuals in their community

Services include:

- Individual counseling
- Support for family members and others affected
- Recovery groups
- Recreation therapy
- Community Outreach
- Stop Smoking Program

\* Offered at a variety of locations\*



# Initial Appointment

- Initial assessment
- Treatment goals are established
- Discussion on the importance of a 'Circle of Support' and Release of Information signed if needed.
- Clients are matched to the services or supports that best meet their needs
- Followed up by Individual counseling or Case Management

# Groups

## **Clients can choose from a menu of options:**

- Recovery Groups
- Recreation Therapy
- Mindfulness
- Assertiveness
- Seeking Safety
- Women's Only
- Affected Others

**\*\*\* Some groups require registration and/or a referral. Open groups are available to clients at any time. \*\*\***

# Day Treatment Program

- 2 week program runs Monday to Friday, 9:30 am-3:30 pm
- There is space for up to 12 participants
- Clients benefit from:
  - Individual counseling, goal-setting and further development of treatment plan
  - Therapeutic groups and programs, including recreation therapy
  - Care provided by a multidisciplinary team including: social workers and recreation therapists
  - Connection to follow-up care to ensure continued support
  - Support and referrals to community resources upon discharge (e.g. housing and income supports)
  - Stop Smoking support provided

# Matrix Women's Services

- For women who are harmfully involved with substances and/or gambling
- Individual counseling, workshops, and groups available
- Women's Wellness Program - 2 weeks, morning groups centered around women's needs in relation to use
- Trauma Informed approach to care

# Recreation and Leisure

- Open and Closed groups are available to clients of Addictions Program, who are connected to clinician for ongoing support
- Group Recreation/Leisure Sampling:
  - Kayaking
  - Bowling
  - Rock climbing
  - Pottery painting
  - Women's only programming
  - Affected Other leisure groups
- Individual Leisure Support:
  - 1-1 counseling to explore and reconnect with personal leisure interests

# Stop Smoking Program

- Starts with a 1 hr “Getting Started” Session that are held throughout the district each month
- The information session is followed by a 4 week program, “Keeping it Going”. Nicotine Replacement Therapy may be provided for the duration of the program once a client has registered for a group. NRT’s are provided free of charge.
- Evening and daytime sessions are available, as well as some 1-1 support
- Ongoing recovery groups for maintenance of abstinence of smoking
- Women’s only Stop Smoking Programs available



# Community Outreach

Community Outreach offered in a variety of locations to:

- Help increase awareness
- Build capacity
- Decrease identified barriers, increase accessibility

Able to offer:

- Face to face intakes at community locations
- Transition into care
- Support navigating the system
- Information on programming and services
- Support staff at community locations

# Affected Others

## Affected Others Education group

- 4 week group offered 6 times a year, alternating between locations
- Topics include: effects of alcohol, drugs & gambling, healthy communication, self care, and strategies to engage loved ones while promoting healthy boundaries.

## Affected Others Support group

- Open support group for clients who have loved ones who are harmful involved or in recovery
- Monday nights at Halifax CBS & Thursday nights at Dartmouth CBS

## Night of Hope & Pharmacology 101

# Driving While Impaired Program

## Participants:

- Charged or convicted of a DWI offence
- Received an administrative license suspension

## Program includes:

- Education Program (offered weekly)
- Drug and alcohol assessment

Following completion a letter is sent to Service Nova Scotia with confirmation of completion and assessment results

DWI admin staff can be reached at 424-1118

# Alcohol Ignition Interlock Program

- Eligibility: individuals who have been convicted of an Impaired Driving offence or those who have been advised by the of Registry of Motor Vehicles that their participation is required
- Combines treatment for a substance use while the ignition interlock is installed in a client's vehicle

# Addiction Program Liaison

- Located at Dartmouth General and QEII
- Support individuals who may need addictions support by:
  - Connecting them to appropriate support
  - Brief intervention
  - Follow up, short term support

\*\* New liaison position beginning soon – Addictions staff located at the Burnside Correctional Facility

# Health Promotion

Addictions Program health promotion team works to support healthy communities by reducing the potential harms associated with alcohol, other drugs and/or gambling.

Work with community, business partners, non-profit organizations, universities and government to:

- Contribute to healthy public policy, regulations and laws
- Nurture environments that support health
- Take actions that will protect and nurture the health of communities and citizens
- Share the latest research, best practices and information in the field of health promotion

Knowledge of services in other provinces...

Varied

Can be limited depending on the area



Online

<http://www.cdha.nshealth.ca/addictions-program>

Please feel free to contact Addictions Services either by site or through Central Intake should you or any of your clients have questions.

902 – 424-8866





Who are our clientele?

Addiction concerns do not discriminate

## On average.....

More men than women access treatment

The average age of our client is 42 years old

The three substances that we see clients most often for: are for the problematic use of alcohol, tobacco and opioids

Our clients range from the retired, to employed to the unemployed

Our clients are also those with graduate degrees to having some high school education

This year, we presently have over 4100 active clients

**Questions?**