

## **ADDICTION CENTRE (LEVEL III) INFORMATION**

### **Rationale:**

Level III is intended for patients who are currently undecided about changing their substance use and/or behavioural addiction patterns. It is designed for patients who may not be ready for an abstinence-based program but would like to reduce their substance use and/or participation in behavioural addiction. It is also intended for patients who want exposure to groups and to explore the relationship between their mental health, physical health and substance use and/or behavioural addiction. Patients will be encouraged to take a critical look at how their lives are being affected by substance and/or behavioural addiction and to identify their perceived barriers to change.

### **Objectives:**

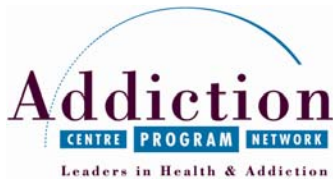
1. To help patients build their motivation for making a change in their use of substances and/or participation in behavioural addictions; to identify and remove barriers to change.
2. Provide information about mental health and addiction in a collaborative learning environment.
3. To help patients examine the major life areas affected by substance use and/or behavioural addictions, and/or mental / physical health problems.
4. To offer an opportunity to learn about and practice communication skills that may assist with reducing substance use / participation in behavioural addictions and manage negative mood states.

### **Expectations for Group Attendance:**

- Patients can still be using substances or participating in behavioural addictions such as gambling, but must be clean and sober the day that they attend the program and they must conduct themselves in a socially appropriate manner.
- Patients attending from the inpatient units must be independently mobile.

### **Format / Schedule:**

- The Program runs Monday, Wednesday and Friday mornings for a 3-week period. Patients may repeat a 3-week cycle if required but only after reviewing this option with their case manager and physician.
- The patient's specific program will be determined with their case manager and physician.
- New patients must start on Mondays.



### **Drug Tests:**

Random urine tests and breathalyzers are completed.

### **Confidentiality:**

The Addiction Centre complies with all aspects of the Calgary Health Region Protection and Privacy of Health and personal Information Policy.

### **Staff**

The Addiction Centre multidisciplinary team includes Psychiatrists, Addiction Specialist Family Physicians, Nurses, Occupational Therapists, Psychologists, Social Workers and, at different times, students training in all these disciplines. The Addiction Centre provides educational experiences for students of all health disciplines who may participate in program delivery.

### **Group Observation**

Addiction Centre staff and students observe various group sessions regularly, as part of the mandate to provide education and training.

### **Parking and Transportation**

Parking is available on site for an hourly or daily rate. Neighboring streets provide the availability of free parking for up to two hours duration. Weekly parking passes can be purchased from the Parking Office-basement level, FMC North Tower. Calgary Transit provides bus services to the Foothills Hospital Site.

### **Tobacco Use:**

Tobacco use is not allowed anywhere on hospital grounds.