

Description of Services:

The Adolescent Program specializes in the assessment and treatment of adolescents, aged 13-17 years with substance related issues and/or behavioural addictions combined with either a major psychiatric or physical disorder.

Each adolescent is assigned a case manager. The case manager meets with the young person at least once per week and coordinates their treatment plan.

An integral part of the assessment / treatment process involves the family / guardian(s).

The Addiction Centre is committed to:

- Bridging the gap between addiction and physical/psychiatric treatment services.
- Providing a bio-psycho-social assessment.
- Providing a treatment and referral service that encourages patients to be active participants in their treatment and take responsibility for their overall well being.
- Integrating the family and its strengths into the treatment needs of the adolescent.
- Teaching and training health care professionals in the area of concurrent disorders.
- Evaluating assessments and interventions using standardized evaluation tools.

Scope of Service:

Hours of Operation: Monday to Friday 08:30 a.m. – 4:15 p.m.

Assessment Clinic: Tuesday.

Inpatient Unit Consultations: On a limited basis with 48 hours notice.

Assessment:

A comprehensive 3-4 hour biopsychosocial assessment focuses on medical, social and family relationships, mental status, academic history as well as detailed substance abuse history, is conducted by a case manager and Addiction Centre physician. Developmental history is obtained through consultation with parent(s) / guardian(s).

A multi-disciplinary team participates in the assessment using a structured interview (Adolescent Drug and Alcohol Diagnosis) plus urine drug screening.

The family is required to be present for the assessment. The assessment may include consultation with community agencies, if the same are involved with the youth and their family.

Treatment:

Treatment is multidisciplinary and may include one or more of the following: regular psychiatric follow up, individual counselling, family therapy, motivational enhancement therapy, cognitive behavioural therapy for youth and their parents and referral to inpatient treatment for youth who are at a high risk for suicide, require medical detoxification and or further observation / assessment of their medical or psychiatric status.