

Description of Services:

The Adult Program specializes in the assessment and treatment of adults with substance related issues and/or behavioural addictions combined with a major psychiatric and/or physical disorder (e.g. chronic pain).

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

Treatment goals are negotiated on an individual basis with each patient. Treatment is tailored to each patient's needs, readiness and availability.

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.
- Providing a multi-dimensional model of care to meet the needs of the adult patient.
- 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 Clinics: Monday and Thursday.

Individual and Group Therapy: Available at various times Monday through Friday.

Assessment (Level I):

A comprehensive biopsychosocial assessment is offered using a standardized assessment tool, the Addiction Severity Index. A psychiatric review with collaboration from family members, employers and other health care professionals can be included. Assessments are conducted by a case manager and a Addiction Centre physician. Further assessments may include psychiatric, physical, occupational, psychological and family evaluation.

Treatment:

Treatment is multidisciplinary and may involve individual counselling, milieu therapy, group therapy, including psychoeducational, insight-orientated cognitive-behavioural and support groups, psychological assessment and testing, patient education about substance abuse and medications, pain assessment and management, social skills training, occupational assessment and counselling, recreation therapy, leisure counselling and family therapy. Some medication treatment and monitoring is provided.