

The Youth Substance Use Support and Treatment Service

Engages. Supports. Empowers.

Take Control of Substances.

Take back your life.



For youth ages 16 to 24:

- Who are concerned about their current substance use
- Who have experienced a problem with substance use
- Who have co-existing substance use & mental health issues
- Who may need information &/or support to manage substance use safely
- Who may have experienced withdrawal with or without medical support
- Who want to develop new coping skills make healthier choices
- Who live in Belleville, Quinte West, Prince Edward County

Youth Substance Use Support and Treatment Service is

FREE & CONFIDENTIAL

CONTACT INFO

youthab.

Support. Empower. Connect.

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The Youth Substance Use Support and Treatment Service

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Our Youth Substance Use Team consists of:

- An Addictions Counsellor from Canadian Mental Health Association Hastings Prince Edward (CMHA HPE)
- A Mental Health Addictions (MHA) Therapist from Youthab

Together, the Addictions Counsellor and MHA Therapist collaborate to address each client's needs and provide supportive services for youth and young adults experiencing substance use issues.

Youth Substance Use Support and Treatment Service includes:

- A youth-centred approach that is responsive to clinical needs
- Ongoing screening & assessment to ensure appropriate interventions &/or therapeutic treatments
- Supportive addictions counselling & therapy
- Individualized treatment planning that matches the youth's level of need & ability to develop skills for independence
- Options to manage substance use, including harm reduction skills & strategies
- Linkages to information, support & treatment to manage use or to withdraw safely
- Connection to other community services
 - Coordinating with the HPE TAY Connector or CMHA HPE case management services for assistance with housing, health care, employment, education, financial support, government ID, etc.
- After care planning to support recovery

Referral information:

- Self-referral
- Family members, friends, caregiver
- Frontline staff that serve youth with substance use, or co-existing substance use & mental health issues
 - Includes, but not limited to: Intake workers, child & youth workers, adolescent care workers, social workers, teachers, family physicians, nurse practitioners & primary care staff, mental health, justice, social, health services, etc.
 - Community agencies: central intake, crisis intervention, schools, primary care, justice services, social services, acute care or emergency, detox or residential treatment, mental health services, health services, etc.
- Rapid access within 24 to 48 hours, available when youth are ready
- Warm welcome & introduction from service/care providers
- Rapid re-entry as services are needed