

SERVICE DESCRIPTION

ADULT ALCOHOL & DRUG

DESCRIPTION:

This service provides prevention and treatment services for adults and their families where substance abuse is a concern, or where someone is affected by the substance misuse of another. Services include assessment, individual counselling, group counselling, family counselling, case management, referral to specialized treatment resources. Prevention activities include increasing public awareness of substance abuse issues and community education regarding substance abuse issues. The service works closely with mental health services when necessary to address concurrent disorders in a coordinated manner.

HISTORY:

This service has been delivered on the Southern Gulf Islands since 1989 in order to provide people who live on the Islands with community-based alcohol and drug services. Funding shifted from the Ministry for Children and Families to Ministry of Health/Vancouver Island Health Authority in 2002.

POPULATION SERVED:

The service is available for adults who have addictions or problematic substance use issues, or individuals who are affected by the substance misuse of others. Individuals experiencing mental health issues are welcomed into this service and may be served concurrently with a mental health counsellor. The service is available to individuals and families on the Southern Gulf Islands.

GOALS AND EXPECTED OUTCOMES:

1. Decrease harmful substance misuse.
2. Improve physical, emotional and mental health.
3. Improve work and/or school functioning.
4. Improve family, social and other significant relationships.
5. Increase understanding of addiction in self and in those affected by others substance abuse.

6. Increase community awareness of substance abuse issues.

SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:

1. Service delivery will be caring, respectful, safe and open.
2. People will be treated with dignity and respect.
3. Services will be provided in a discreet and confidential manner.
4. Services will include the promotion of wellness, healthy development and independence.
5. Service delivery will be person-centered including being flexible, individualized and involving the person served in setting the direction of service.
6. Services will be responsive and timely.

SERVICE DELIVERY ACTIVITIES:

1. **Assessment and Goal Planning.** The Counsellor works with the family and others to develop plans based on the individual needs assessment.
2. **Individual Counselling.** The Counsellor provides person-centered and solution-focused short term counselling. Counselling is strength-based and may include social and life skill development.
3. **Family Counselling.** Family-centered and solution-focused counselling that includes the entire family system and is strength based.
4. **Groups.** The Counsellor organizes groups at times to address common issues for persons served such as stress management, harm reduction or relapse prevention.
5. **Information and Education.** The Counsellor provides alcohol & drug education, prevention strategies and information to individuals, families, and the community.
6. **Case Management and Coordination.** The Counsellor communicates relevant ideas, goals and information to ensure services are delivered in an effective and holistic way.
7. **Referral and Advocacy.** The Counsellor refers individuals to other services as needed, and acts on their behalf when needed to obtain resources and services.

LOCATION:

Salt Spring Island: Wheelchair accessible offices and confidential meeting space is located at 268 Fulford-Ganges Road. Services may also be provided in hospital, home or other community locations.

Other Southern Gulf Islands: Services are provided on the islands of Mayne, Pender, Galiano and Saturna. The service has confidential meeting and office space in each community, and service may also be provided in home and community locations.

Hours:

Adult services are available on Salt Spring Island 9 am-4 pm Monday to Wednesday and on the other islands by appointment on Thursday and Friday.

STAFF RESOURCES:

The service is provided by one Counsellor. The Counsellor reports to the Director of Adult and Outreach Services, and is part of the Adult Services Team including mental health counsellors, nurse, housing worker and consulting psychiatrist.

ACCESS TO SERVICE:

Service may be accessed through Salt Spring Island Community Services at 537-9971 or directly through the Adult Counsellor's pager at 1-250-537-8091. Referrals are accepted from physicians or other healthcare providers, MCFD, community agencies or directly from individuals and families.

STANDARDS/REFERENCES/BEST PRACTICES:

1. CARF accreditation standards
2. A New Way for Addiction Services: A Compendium to Focusing the Effort, ASAP BC
3. Best Practices Concurrent Mental Health and Substance Use Disorders, Health Canada

FUNDING/SPONSORSHIP:

The service is funded by the Mental Health and Addictions Services division of Vancouver Island Health Authority.

PARTNERSHIPS/KEY CONNECTIONS:

1. Physicians and Community Nurses
2. Probation
3. Vancouver Island Health Authority, Addictions Services
4. Ministry for Child and Family Development
5. Restorative Justice
6. AA, NA
7. Association of Substance Abuse Programs of BC