

## SERVICE DESCRIPTION

# ADDICTIONS SERVICES

---

### **DESCRIPTION:**

Addictions Services provides prevention and treatment services for youth, adults and 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 and follow up 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 both adult and youth mental health to provide appropriate support to persons experiencing these challenges together.

### **HISTORY:**

This service has been delivered on the Southern Gulf Islands since 1989, in order to provide people who live on the Islands and who have been assessed as requiring alcohol and drug programming timely and community-based service.

### **POPULATION SERVED:**

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

### **GOALS AND EXPECTED OUTCOMES:**

1. Improve physical health
2. Improve emotional and mental health

3. Improve work and school functioning
4. Improve social relationships
5. Decrease involvement with the criminal justice system
6. Improve family and other significant relationships
7. Improve housing conditions
8. Decrease substance misuse
9. Increase community awareness regarding substance abuse

**SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:**

1. The climate of 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. Effective service includes empowerment, advocacy, and information.
5. Service will be person-centered.
6. Service will be responsive and timely.

**SERVICE DELIVERY ACTIVITIES:**

1. **Development of Individual Goals and Plans.** Counsellors work with youth and their family to develop plans based on the persons assessment, input, ideas, thoughts, and feelings about their needs.
2. **Individual Counselling.** Person-centered and solution-focused counselling that is strength-based.
3. **Referral.** Refers the person served to other SSICS or community services as needed.
4. **Advocacy.** Acts on behalf of the person served to obtain needed resources and services.

5. **Family Counselling.** Provide family-centered and solution-focused counselling to all family members affected by problematic substance use or with possible concurrent mental health issues.
6. **Groups.** Develop recovery groups as requested by persons served, schools, families or other community-based agencies or groups.
7. **Information, Prevention and Education.** Provide alcohol & drug education, prevention strategies and information to individuals, families, schools and the community.

**LOCATION:**

Salt Spring Island: Services are based at the SSICS building at 268 Fulford-Ganges Road. The building is wheelchair accessible and has private counselling offices and group/family meeting rooms. Services are also provided in schools and other community locations depending on the needs of the person served.

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 on an outreach basis including home, school and community locations.

Youth from other islands who attend school at Gulf Island Secondary School may access service on Salt Spring Island.

**Hours:**

Adult services are available Monday to Thursday. Child and youth services are available Monday to Friday on Salt Spring Island. A counsellor is typically available on the other islands on Thursday and Friday.

**STAFF RESOURCES:**

The service is provided by two counsellors-one specializing in child and youth services and one specializing in adult services. The adult counsellor reports to the Director of Adult Service, and is part of the adult services team including mental health counsellors, nurse, housing worker

and consulting psychiatrist. The child and youth counsellor reports to the Director of Child and Youth Services, and is part of the child and youth services team, a multi-service team including mental health, family support, school-based support workers, and early childhood services.

**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 or the Youth Counsellor's pager at 1-250-537-8072. Referrals are accepted from schools, RCMP, physicians or other healthcare providers, MCFD, community agencies or directly from individuals and families.

**STANDARDS/REFERENCES/BEST PRACTICES:**

1. BC Addictions Services clinical practice standards
2. Best Practices Treatment And Rehabilitation for Youth with Substance Use Problems (Health Canada 2001)
3. Preventing Substance Use Problems among Young People: A compendium of Best Practices (Health Canada 2001)
4. Best Practices Concurrent Mental Health and Substance Use Disorders (Health Canada 2001)

**FUNDING/SPONSORSHIP:**

The service is funded by the Vancouver Island Health Authority.

**PARTNERSHIPS/KEY CONNECTIONS:**

1. School District # 64
2. RCMP
3. Youth and Adult Probation
4. Ministry for Children and Families
5. Restorative Justice
6. Alcohol Anonymous