

Community Withdrawal Management Services (CWMS)

**Do you want help to stop
your use of alcohol, other drugs
or prescription medications?**

Community Withdrawal Management Services (CWMS) offers an alternative to residential withdrawal management for individuals who can safely withdraw from alcohol and/or other drugs in a supportive home or community environment.

How can we help?

CWMS counsellors/case managers are available to assist individuals wanting to stop using alcohol and/or other drugs to develop a plan for withdrawal.

- Participation is voluntary
- Services are FREE and CONFIDENTIAL
- Nursing staff are available for consultation
- Medical assessment by a physician may be requested.

***Withdrawal from alcohol and/or
other drugs is an important part of
the recovery process.***



**HALTON ALCOHOL, DRUG and GAMBLING
ASSESSMENT PREVENTION & TREATMENT SERVICES**

Services Include:

- Screening/intake & assessment
- Individual counselling
- Pre-withdrawal planning
- Acute and post-acute withdrawal monitoring and support
- Transitional case management support
- Services are provided in office, community or home settings.

Withdrawal symptoms can be mild to severe and may include physical symptoms such as sweating, racing heart, palpitations, muscle tension, difficulty breathing, shakes, nausea, vomiting or diarrhea and emotional symptoms such as anxiety, restlessness, irritability, insomnia, poor concentration or depression.

**For more information or
to speak with a CWMS
counsellor/case manager
please call:**

905-827-5320

or

Toll Free: 1-877-517-2237

ADAPT CWMS is funded by the
Mississauga Halton LHIN Community
Concurrent Disorders Program.

**For more information on all
ADAPT programs and services
please visit our website at:
www.haltonadapt.org**

Adult Addictions Program (AAP)

The Adult Addiction Program offers the following group services:

Phase One

An 8-week psycho-educational group designed to provide basic substance use information to individuals in the early stages of considering making changes to their alcohol and/or drug using behavior.

Tuesday Forum

An ongoing drop-in discussion/support group for individuals who are looking for support to make and/or maintain changes to their alcohol and/or drug use.

Relapse Prevention

A structured 8-week group designed to explore relapse risks and triggers in depth and provide participants with healthier coping techniques. Presentations, discussions and homework are used to facilitate learning.

Maintenance

A process group designed to provide support for individuals who are abstaining completely from alcohol and drug use.

Family Day

A full day workshop for anyone affected by someone else's use of alcohol and/or drugs. Presentations, discussions, handouts and videos are used to provide information.



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Adult Addictions Program Services include:

- Individual assessments including the provincially standardized Alcohol and Drug Assessment Tools (ADAT).
- One to one and/or family/couples counselling, treatment planning and support.
- Referrals to residential addiction treatment programs and/or other community supports where appropriate.
- When requested, the Adult Addiction Program offers community education and awareness regarding substance use through community presentations and/or community booths

**For more information or
to speak with an Adult
Addictions counsellor or case
manager please call:**

905-639-6537

or

905-693-4250

ADAPT Adult Addictions Programs
are funded by the Mississauga Halton
LHIN.

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ADAPT programs and services
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Addiction Supportive Housing Program (ASH)

ADAPT is pleased to participate in a new province-wide program designed to meet the needs of individuals who are in early phase of stable recovery from substance use and would benefit from intensive addictions case management and safe, affordable housing. With our housing partners (Summit Housing in the Burlington area and Support and Housing Halton in the Halton/Mississauga area), we assist eligible clients in obtaining affordable housing and provide counselling and support in the following areas:

- Money management
- Educational planning
- Job seeking skills
- Interpersonal skills
- Food management
- Community resources
- Housekeeping
- Emergency and safety planning
- Personal health
- Personal hygiene
- Legal rights and responsibilities
- Transportation
- Healthy leisure
- Job maintenance
- Permanent housing
- Parenting skills



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Our program is approximately one year in length. Clients participate in individual and group sessions and take part in creating a comprehensive, individualized treatment plan.

Group sessions include:

- Mindfulness Meditation
- Healthy Kitchen
- Healing Through the Early Stages
- Assertiveness

**For more information please
contact us at:**

905-691-2878

ADAPT's Addictive Supportive Housing Program is funded by the Mississauga Halton LHIN and the Hamilton Niagara Haldimand Brant Norfolk LHIN.

**For more information on all
ADAPT programs and services
please visit our website at:
www.haltonadapt.org**

Community Justice Program

Community Service Order Program (CSO)

A rehabilitative sentencing option for adult offenders where the individual is required to perform a specific number of hours of volunteer work for the community.

Extra-Judicial Programming (EJM and EJS)

Two programs that give young people (12-17) an opportunity to accept responsibility for their actions and to make amends by completing certain tasks without going through the formal court process.

The first program is called Extra-Judicial Measures (EJM), an option available to the police instead of laying a formal charge. The second program is called Extra-Judicial Sanctions (EJS), an option the Crown Attorney may use to forgo formal court proceedings.

Assessment and Counselling Program (Court-Ordered or Directed)

ADAPT provides assessment and counselling services to those involved in the judicial system who are bound by a Probation Order and identified by the Court or their Probation Officer to be experiencing issues related to drug, alcohol use and/or gambling. An individualized treatment plan is developed with the client based on his/her unique situation.

ADAPT has a service contract with the Ministry of Children and Youth Services and the Ministry of Community Safety and Correctional Services to provide these services.



**HALTON ALCOHOL, DRUG and GAMBLING
ASSESSMENT PREVENTION & TREATMENT SERVICES**

**For more information or to
speak with a Community
Justice counsellor or case
manager please call:**

905-864-5042



ADAPT Community Justice Programs
are funded by the Ministry of Children
and Youth Services and the Ministry
of Community Safety and Correctional
Services.

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Concurrent Disorders Services

Many people who experience problems with substance misuse, and/or gambling also experience other mental health problems which can include depression, anxiety, bi-polar disorder and schizophrenia among others.

Successfully dealing with two or more significant challenges may require specialized skills and resources. In order to meet these needs, ADAPT has partnered with numerous local mental health and community agencies to bring a variety of special programs to those experiencing concurrent disorders:

The Health & Hope Partnership:

Offers individual, group, and family programs to individuals experiencing any combination of substance misuse, gambling and other mental health issues.

The Halton Homes Partnership:

Program provides housing subsidies, a variety of clinical supports and assistance with life skill development to individuals with a serious mental health issue which may include substance abuse.

The Phoenix Program:

Assists individuals aged 14-30 experiencing a first episode of psychosis to access intensive, multi-disciplinary services for the individual and their family.

Employment and Social Services Concurrent Disorder Program:

Program provides a full range of addiction and concurrent disorder counselling to individuals who are receiving benefits through Ontario Works.



HALTON ALCOHOL, DRUG and GAMBLING
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Halton Geriatric Mental Health Outreach Program:

Program assists older individuals with mental health issues and who may have substance abuse concerns requiring clinical services outside of an office setting.

Employment and Social Services Concurrent Disorder Program:

This program provides a full range of addiction and concurrent disorder counselling to individuals who are receiving benefits through Ontario Works.

If you are unsure of which program is right for you, please phone the Concurrent Disorder Program Manager at:

905-691-3417

or ADAPT's General Intake line at:

905-639-6537 x0

ADAPT Concurrent Disorders Programs are funded by the Mississauga Halton LHIN and the Hamilton Niagara Haldimand Brant Norfolk LHIN.

**For more information on all ADAPT programs and services please visit our website at:
www.haltonadapt.org**

Problem Gambling Services

Problem gambling can affect a person's finances, job, family, emotional and physical health, and the overall quality of his/her life.

Through education and support, we strive to assist clients in building a foundation for healthy, long-term lifestyle changes.

ADAPT offers both one-to-one and group counselling to support individuals coping with a gambling problem. We also provide counselling to family members or significant others whose lives have been affected by someone else's gambling.

Problem Gambling Day Treatment Program

This 5-day intensive program travels throughout Ontario to provide access to clients in their home communities. Whether you are just beginning to explore your gambling behaviour or are looking to enhance your knowledge and coping skills, this program can provide support and assistance to individuals in various stages of change.

Topics include:

- How gambling problems develop
- Exploring the thoughts and feelings that keep a person in a gambling cycle
- Rebuilding relationships
- Strategies to maintain changes
- Relapse prevention.

**For more information about
ADAPT Problem Gambling
Services please call:**

1-866-783-7073



ADAPT Problem Gambling Services are funded by the Mississauga Halton LHIN.

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Youth Services

Days Ahead

Burlington & Oakville: 905-639-6537

Milton, Georgetown, Acton: 905-693-4250

(Services are available in all five locations)

- Full assessment of a youth's drug and/or alcohol use and its impact on relationships, education/employment, legal, leisure, physical and emotional health
- Counselling for the youth and his/her family.
- Services available for young people affected by someone else's substance use
- Additional referrals as required to meet client needs
- Community support and education

Know the D.E.A.L. (Drugs, Education, Alcohol and the Law) Program

Oakville: 905-691-2669

Milton, Georgetown, Acton: 905-691-0029

- For youth identified by school personnel and/or parents as benefitting from education related to substance use
- Individual assessment prior to the start of group and exit interview on completion
- 4-session workshop informs and teaches skills that improve positive, healthy decision-making related to substance use
- Provides parent support during the program and referrals to further supports



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Consultations are available for concerned individuals to problem-solve specific situations. Anyone may call for this service at:

905-639-6537 or 905-693-4250

Parent Programs

Call 905-639-6537 to register and for locations

- Provide services for parents of youths in ADAPT Youth Programs, but are also available to parents whose young person is not involved in our programs
- The Parent Education Group is a 5-week program available on Monday evenings which provides parents with an understanding of youth substance use, and strategies to assist them with dealing with these issues. Individual sessions are also available

Transitional Aged Youth Outreach Program (TAYOP)

Call 905-693-4250 for more information

- Active outreach support to assist young adults aged 16-24 in overcoming barriers as a result of substance use and/or mental health concerns
- Flexible schedules to accommodate clients
- Programs are also available for parents and caregivers

ADAPT Youth Services Programs are funded by the Mississauga Halton LHIN and the United Way of Oakville.

**For more information on all ADAPT programs and services please visit our website at:
www.haltonadapt.org**

Opioid Outreach & Treatment Services

What is Opioid Outreach & Treatment?

These services bring together a team of dedicated clinicians and peer workers to offer a wide range of services across Mississauga-Halton to those who are using opioids, and their families/significant others.

We understand that people begin using opioids for many reasons and that, for some, this may begin to feel unmanageable over time.

We offer specialized services to:

- **Anyone** who is using/has used opioids
- **Women** who are pregnant and/or parenting children 6 or younger
- **Family/significant others** of those using opioids

Our mobile outreach team can arrange to meet you in a safe location of your choice, as well as at our offices.

How Can We Help?

Our counselling, information and support services are offered from a *harm reduction* perspective and focus on:

- Promoting health and well being
- Providing unbiased information
- Prioritizing YOUR goals
- Preserving dignity

Services Include:

- Individual support & counselling
- Clinical nursing care
- Help to access other services
- Education and support to cope with chronic pain and illness (Hep C, HIV, etc.)
- Support to cope with stress and mental health issues
- Information about Methadone or Suboxone treatment
- Group counselling
- Residential treatment beds
- Help with related issues including: relationships, housing, finances/income, legal issues, work/school, etc.
- Education and support for the family and friends of those using opioids

What is Harm Reduction?

We understand that some people want or need to stop using substances altogether. We also recognize that abstinence is not for everyone. Harm reduction approaches respect individual choices.

Opioid use can affect your mental and physical well-being in a variety of ways. Harm reduction focuses on enhancing your health and well-being by *preventing or reducing opioid-related harms*, rather than trying to prevent opioid use.

Whether you want help to improve your relationships, find stable housing, cope with stress/pain/illness, or access residential treatment services, we're here to help.

**YOU define the goals.
We help you reach them.
Call us: 1-855-211-0898**



**The Opioid Outreach & Treatment Services
are funded by the Mississauga-Halton LHIN**

www.haltonadapt.org