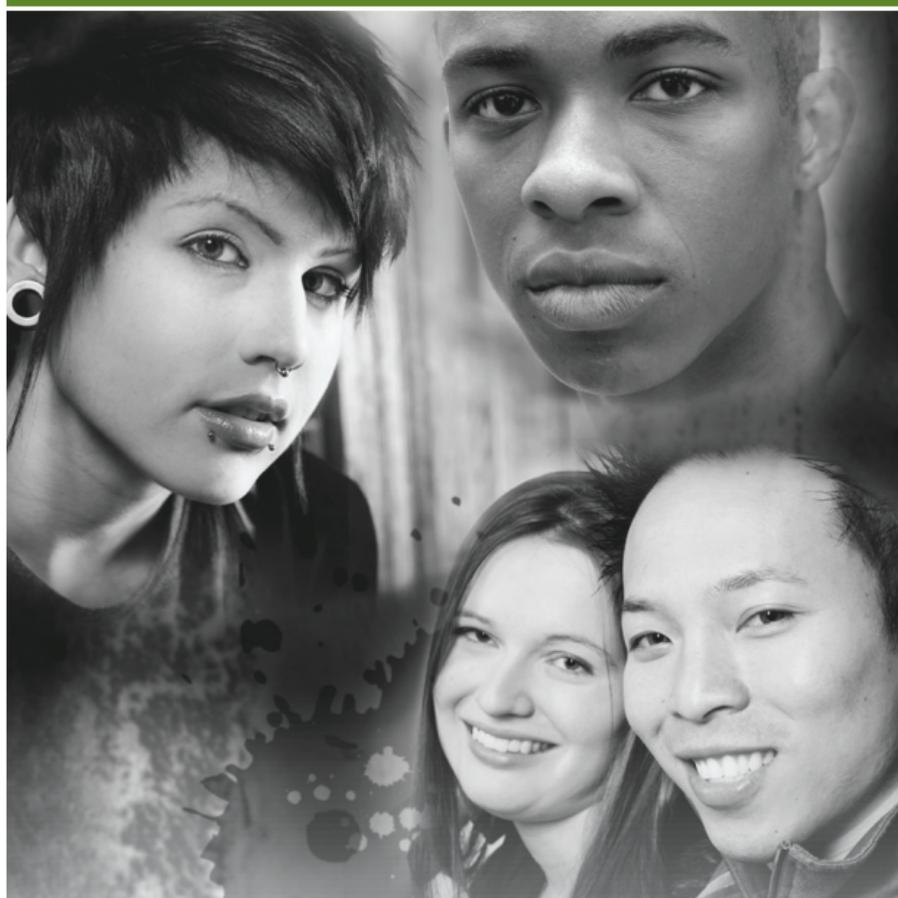


# Substance Abuse Program



Helping youth with alcohol and other substance abuse-related issues

## **The Substance Abuse Program provides:**

Substance Abuse Day Treatment services and Substance Abuse Outpatient services.

## **Through both services the program provides:**

- Treatment for youth up to 18 years of age.
- Parent program and support for families or guardians of teens in the program.
- An in-depth health assessment and medical follow-up.
- Education about youth alcohol and substance use and abuse.

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SICK CHILDREN

Division of  
Adolescent Medicine

For general inquiries  
about the program,  
contact us at

**(416) 813 5097**

Teens, families and health care providers can choose the best type of services, depending on the needs of the youth and/or family. The Outpatient service offers counselling and treatment in a clinic setting and the Day Treatment program offers a more structured service that includes schooling and group treatment, in addition to specific support for parents and individual counselling for the teen.

The program doesn't require youth to set a goal of completely stopping all substance use, but to set a realistic goal for reducing alcohol or other substance use. This is called a "harm reduction." We do support youth who have a goal of abstinence and want to stop using completely.

## Outpatient services

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As an Outpatient in the Substance Abuse Program, youth can participate in short- or long-term individual and family counselling for support regarding:

- Alcohol and other substance use and related areas, such as depression, anxiety and family conflict.
- The impact of substance abuse on a young person's relationships.
- Issues relating to a family member who struggles with alcohol and other substance use.

Young people will also be given the chance to meet with a doctor or nurse to talk about any health problems and to get answers to any questions about their health.

## Day Treatment services

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The Day Treatment service is for teens who:

- Have realized their alcohol and/or substance use is a problem and are ready to make changes.

- Are interested in working on their secondary school credits (Grades 9-12).
- Have an adult to support them throughout the program.

**The program includes:**

- Programming Monday-Friday from 9 a.m.–3 p.m.
- 8-10 youth maximum at any time; average length of stay in the program is 8-20 weeks
- An academic program that gives youth the opportunity to work towards secondary school credits with a Toronto District Secondary School teacher, following Ministry of Education curriculum.
- Daily treatment groups, life skills instruction, ongoing access to health care, individual counselling and support.

**For more specific information about the Day Treatment service, please call (416) 813-8854 or (416) 813-7941**

**Referrals for all Substance Abuse Program services can be made by:**

- Teens (self-referral)
- Family members
- Schools
- Child protection agencies/services
- Group homes
- Physicians and other health-care professionals
- Any professional working with and supporting the teen

To make a referral to the Substance Abuse Program, please contact our Intake Coordinator at (416) 813 5097.

## The Team

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Many different types of professionals support youth in the Substance Abuse Program including:

- Child and Youth Counsellors
  - Social Workers
  - Art Therapists
  - Paediatricians
  - Nurse Practitioner
  - Intake Coordinator
  - Toronto District School Board Teachers
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### Outreach Education

If your organization or team is interested in an education session from our program please call (416) 813 5097 for more information.

### Find Us

The Hospital for Sick Children (SickKids)  
555 University Avenue, 7th Floor, 'Hill' Wing  
Toronto, Ontario M5G 1X8  
[www.sickkids.ca/AdolescentMedicine](http://www.sickkids.ca/AdolescentMedicine)

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