

OTTAWA AREA ADDICTIONS SERVICES

WITHDRAWAL MANAGEMENT CENTRES

Detoxifying, or purging the body of intoxicating or addictive substances, is often a person's first step in overcoming a substance addiction. Withdrawal Management Centres offer safe, supportive, and supervised settings for individuals who are experiencing acute withdrawal symptoms from drugs and alcohol.

<p>Ottawa Withdrawal Management Centre 1777 Montreal Road Ottawa, Ontario 613-241-1525 www.cgso.ca</p>	<ul style="list-style-type: none"> • Level 2 non-medical facility (person must be conscious, mobile, and medically stable upon admission) • Men and women over the age of 16 • In house AA and NA meetings available • Assessment and referral services available • Stays are generally short-term (3-7 days), but vary depending on person's needs • Participation in groups is mandatory
<p>Cornwall Withdrawal Management Centre Cornwall Community Hospital 510 Second St. East Cornwall, Ontario 613-938-8506 www.cornwallhospital.ca</p>	<ul style="list-style-type: none"> • Level 1 non-medical facility (person must be conscious, mobile, and medically stable upon admission) • Men and women over the age of 16 • In house and community AA and NA meetings available • Referral services available • Stays are generally short-term (3-7 days), but vary depending on person's need
<p>Assessment and Stabilization Unit (ASU) / Royal Ottawa Mental Health Centre, Substance Use and Concurrent Disorders Program 1145 Carling Ave. Ottawa, Ontario 613-722-6521, ext. 6508 www.rohcg.on.ca</p>	<ul style="list-style-type: none"> • Level 3 medical withdrawal facility • Assessment, medically supervised detoxification and stabilization • Men and women over the age of 16 • Average length of stay is about 25 days • In house AA and NA meetings available • Individual and group counselling available • Valid Ontario health card required • An assessment by one of the Program physicians is required for admission. To book an appointment, residents of the Ottawa area must present in person between 8 a.m. to 12 p.m., and 1 p.m. to 4 p.m., Monday through Friday, (closed all statutory holidays). Individuals residing outside of Ottawa are asked to call during business hours.

WITHDRAWAL MANAGEMENT CONTINUED

<p>The Shepherds of Good Hope 233 Murray Street Ottawa, Ontario 613-241-4303 www.shepherdsogoodhope.com</p>	<ul style="list-style-type: none"> • Hope Recovery program for men who are under the influence of substances to rest and allow their bodies to recover and meet their immediate needs. • Hope Outreach is a shelter program for women. While living in the program, they can access support, assessment and referral for their addiction issues.
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ASSESSMENT SERVICES

Generally, to access any government funded residential treatment programs in Ontario, (funded by the Ministry of Health and Long-Term Care), an individual must complete a standardized assessment. Arrangements to complete such an assessment can be made while in a Withdrawal Management Centre, or individuals may contact the agency below for assessment services.

A patient can call the Ottawa Withdrawal Management Centre 613-241-1525 and ask for assistance with completing the Tools assessment, and someone can book them an appointment to complete the provincial assessment (ADAT package).

The Ottawa Addictions Access and Referral Services (OAARS) will complete the assessment package with all addiction service users in Ottawa beginning in mid-December 2012. **package to be updated once the OAARS team has begun formal assessments.

COMMUNITY TREATMENT

Community treatment is offered on an out-patient basis, and services generally include some or all of the following: brief intervention, education, individual and/or group counselling, structured treatment, and relapse prevention. Community treatment is appropriate for individuals who do not require medically supervised withdrawal, who are capable of complying with a treatment plan while residing at home, and/or who have completed residential treatment. Specialized programs, such as those for family members, are often available as well.

<p>Addiction and Mental Health Services Sandy Hill Community Health Centre 221 Nelson St. Ottawa, Ontario 613-789-8941 www.apgso-stjpo.ca</p>	<ul style="list-style-type: none"> • Bilingual services for men and women, family members, and youth, who are experiencing problems with alcohol, drugs, gambling, or other behavioural addictions (aged 12+) • Offers assessment, treatment planning and referral to other agencies • In-house services include individual counseling, group therapy, Acudetox, drop-in groups/counseling, and harm reduction programs (needle exchange and crack pipe program) • Goals may include harm reduction, moderation or abstinence
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COMMUNITY TREATMENT CONTINUED

<p>Amethyst Women's Addiction Centre 488 Wilbrod St. Ottawa, Ontario 613-563-0363 www.amethyst-ottawa.org</p>	<ul style="list-style-type: none"> • 2-year out-patient day treatment program for women • Treatment program include: assessment, pre-treatment, ten-day intensive treatment with a focus on education, group therapy, and life changes, individual and group support for brief interventions, and follow-up • Uses a bio-psycho-social model • Additional programs include: Problem Gambling Program, Sexual Abuse Support Program, and Early Childhood Development Program
<p>Lifestyle Enrichment for Senior Adults (LESA) 420 Cooper St. Ottawa, Ontario 613-233-5430 www.centretownchc.org</p>	<ul style="list-style-type: none"> • Bilingual program for men and women (55+), who are experiencing problems related to alcohol, drugs, or gambling, and who reside in Ottawa • Counsellors offer visits to the home, in the community, or at Centretown Community Health Centre. • Individual counseling, support groups and therapeutic recreational outings and events offered. Family consultations are available.
<p>Rideauwood Addiction and Family Services 312 Parkdale Ave. Ottawa, Ontario 613-724-4881 www.rideauwood.org</p>	<ul style="list-style-type: none"> • Community treatment program for men and women, family members, and youth, who are experiencing problems related to alcohol, drugs, or gambling • Offers assessment and treatment planning, individual and group counselling, education, stabilization groups, structured day and evening treatment, and relapse prevention groups
<p>Robert Smart Centre 1199 Carling Ave. Ottawa, Ontario 613-728-1946 www.rsc-crs.com</p>	<ul style="list-style-type: none"> • Programming for youth aged 12-17 who have emotional and behavioural problems • ASAP is a program for adolescents who have been diagnosed with mental health issue and have substance abuse concerns • There is a residential, a secure, and a day treatment program
<p>Serenity Renewal for Families 2810 Baycrest Dr. Ottawa, Ontario 613-523-5143 www.serenityrenewal.ca</p>	<ul style="list-style-type: none"> • Offers individual, couple, and family counselling, as well as workshops, to individuals, family members, and youth, who are experiencing problems related to alcohol, drugs, or gambling • Evening and weekend workshop topics include: Co-dependency, Family-of-Origin, Anger and Resentment, Self-Esteem, Relapse Prevention, Communication, Stress Management, and more

COMMUNITY TREATMENT CONTINUED

<p>The Ottawa Mission Out-Patient Addiction Services 35 Waller St. Ottawa, Ontario 613-234-1144 www.ottawamission.com</p>	<ul style="list-style-type: none"> • Day Programs for men and women in the community who may not be ready to commit to residential addiction treatment; no intake or assessment, person must be clean and sober to attend • Seeking Safety is an 8-week closed group for men who are coping with trauma and substance abuse; call to inquire into next start date • Early Recovery Strategies is an 8-week closed group for men who would like to learn more about recovery from substance abuse, in a structured approach
<p>The Royal – Substance Use and Concurrent Disorders 1145 Carling Ave. Ottawa, Ontario 613-722-6521, ext. 6508 www.rohcg.on.ca</p>	<ul style="list-style-type: none"> • Day treatment program available for the Meadow Creek (28 day) program • Day and evening educational program • Relapse prevention • Family program • An assessment by one of the Program physicians is required for admission. To book an appointment, residents of the Ottawa area must present in person between 8 a.m. to 12 p.m., and 1 p.m. to 4 p.m., Monday through Friday, (closed all statutory holidays). Individuals residing outside of Ottawa are asked to call during business hours.
<p>Youth Services Bureau (YSB) 2301 Carling Ave. Ottawa, Ontario 613-562-3004 www.yzb.on.ca</p>	<ul style="list-style-type: none"> • Individual counseling available to youth at the YSB centre • Assessment and referral services available

RECOVERY HOMES

Recovery homes offer housing and related recovery/support services, such as lifestyle counselling, coaching for activities of daily living, community reintegration, vocational counselling and mutual aid, to individuals who require a stable, supportive environment prior to, during, or following treatment. Treatment is accessed elsewhere.

<p>Billy Buffett's House of Welcome / Recovery Home 243 Granville St. Ottawa, Ontario 613-746-7468 www.ncf.ca/houseofwelcome</p>	<ul style="list-style-type: none"> • 12-bed facility for men aged 18 and older who have chemical dependency problems • 72 hours of detoxification required prior to admission • 24-hour supervision • Residents are required to attend a minimum of 5 AA or NA meetings per week, complete daily chores, and agree to participate in random urine drug/alcohol screens • Short and long-term accommodations available • Post-treatment accommodation also available
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RECOVERY HOMES CONTINUED

<p>Mackay Manor Inc. / Recovery Home 196 Argyle St. S Renfrew, Ontario 613-432-4946 1-877-819-4181 www.renfrewcountyaddictiontreatment.ca</p>	<ul style="list-style-type: none"> • 16-bed facility for men aged 18 and older who have chemical dependency problems • 72 hours of detoxification required prior to admission • Minimum commitment of 3 months to the program required • Residents are required to attend 4 AA or NA meetings per week and participate in daily support groups and individual counseling • Valid OHIP required • Personal needs allowance paid monthly • Wednesday call in date to remain on waitlist
<p>Stabilization Program / The Ottawa Mission Addiction Services 35 Waller St. Ottawa, Ontario 613-234-1144, ext. 299 www.ottawamission.com</p>	<ul style="list-style-type: none"> • Residential program for men who are homeless or at risk of being homeless, and who want to stabilize their lives before they enter an addiction treatment program • 24 hours of detoxification required prior to admission • This program offers assessment, treatment planning and referral, as well as individual and group support • Residents are required to attend 3 community meeting per week (AA, NA, Smart meetings)

RESIDENTIAL TREATMENT

Depending on the severity of their addiction, a person may require residential treatment. Generally, if a person is unable to significantly reduce or abstain from their addictive substance or behaviour through the use of 12-step meetings, family support, and/or individual and group counselling, they may be in need of residential treatment. Residential treatment involves a structured, scheduled program of treatment provided in-house, and generally ranging from 21-90 days or longer. Generally, for admission into residential treatment in Ontario, an individual must complete a standardized assessment (see above).

YOUTH RESIDENTIAL TREATMENT

<p>Dave Smith Youth Treatment Centre Female residence: 1883 Bradley Side Rd. Carp, Ontario</p> <p>Male Residence: 1986 Scotch Corners Rd., Carleton Place, Ontario</p> <p>613-594-8333 www.davesmithcentre.org</p>	<ul style="list-style-type: none"> • Residential treatment program for youth, with a 14-bed male facility in Carleton Place and a 10-bed facility for females in Carp, • Residents are 13-21 • 3 month program followed by 3 months of Assertive Continuing Care (After care) • 100% smoke free program • Valid OHIP required • Adolescent Community Reinforcement Approach • Individual counseling and group therapy • Schooling/educational component • Family program also available
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MALE AND FEMALE RESIDENTIAL TREATMENT

<p>Maison Fraternite 242 Cantin St., Ottawa, Ontario Central Administration: 613-741-2523 www.maisonfraternite.ca</p>	<ul style="list-style-type: none"> • Offers residential treatment program to Francophone residents • Male and female programs are in different locations in Vanier • Out-patient and in-patient program from youth age 16-22, which includes educational and family component • Length of stay in residential programs is based on individual need, but generally ranges from 1-4 months (28 day program cycles) • Group therapy, individual counseling, psychoeducation, and outings • 5 days of abstinence is required for admission
<p>Meadow Creek Program The Royal Substance Use and Concurrent Disorders Program 1145 Carling Ave. Ottawa, Ontario 613-722-6521, ext. 6508 www.rohcg.on.ca</p>	<ul style="list-style-type: none"> • 4-week program for men and women aged 16 and older • The first 3 weeks are completed either as an inpatient resident or as a day patient; the fourth week is offered as day treatment only; weekends are spent at home • Includes educational sessions, individual and group counselling, leisure activities, nutrition education, and participation in 12-step meetings • An assessment by one of the Program physicians is required for admission. To book an appointment, residents of the Ottawa area must present in person between 8 a.m. to 12 p.m., and 1 p.m. to 4 p.m., Monday through Friday, (closed all statutory holidays). Individuals residing outside of Ottawa are asked to call during business hours.
<p>Newgate 180 435 Main Street East Merrickville, Ontario K0G 1N0 613-269-2672 or 1-888-524-8333 www.newgate180.com</p>	<ul style="list-style-type: none"> • 1 year program for men and women 18+ • Male and female program/residence are separate • 1 month residential program 11 month follow-up (a person can return to the program if necessary) • Pay for service (cost is \$10,500) • Group therapy, individual counselling, meditation, and 12-step component

FEMALE RESIDENTIAL TREATMENT

<p>Empathy House 360 Sunnyside Ave., Ottawa, Ontario 613-730-7319 www.empathyhouse.com</p>	<ul style="list-style-type: none"> • Long-term residential treatment program for women aged 18 and older • Length of stay is 3-12 months • 72 hours of sobriety required for admission • Empowerment and CBT models for programming with a 12-step component (complete steps 1-5 in the program) • Includes education, individual and group counselling, • Option of supportive residence for post-treatment reintegration into society also available
<p>VESTA Recovery Program for Women 101 James St., Ottawa, Ontario 613-233-0353 www.vestarecoveryprogram.com</p>	<ul style="list-style-type: none"> • Long-term intense residential treatment for women, age 18 and older • Program is up to 12 weeks, with flexibility for each resident • Life skills, drug education groups, personal development and relapse prevention • Strict schedule to be followed, with minimal time for family/social contact • OHIP required • ADAT package required

MALE RESIDENTIAL TREATMENT

<p>Anchorage, The Salvation Army 175 George St., Ottawa, Ontario 613-562-1573 www.ottawaboothcentre.org</p>	<ul style="list-style-type: none"> • 24-bed treatment centre for men aged 18 and older • Community Reinforcement Approach • Christian-based organization and residents are required to attend chapel services 6 days per week • Average length of stay is 4 months • Valid OHIP and ADAT package required
<p>Harvest House Ministries 3435 Ramsayville Rd., Ottawa, Ontario 613-521-9114 www.harvesthouse.org</p>	<ul style="list-style-type: none"> • Long-term residential program for young men, aged 16-30 • Program length is 24 months • Located in a rural setting • Christian-based program, which uses a developmental recovery model, and stresses relapse prevention, work therapy, and the 12-steps of AA/NA
<p>Lifeshouse Program, The Ottawa Mission 35 Waller St., Ottawa, Ontario 613-234-1144, ext. 231 www.ottawamission.com</p>	<ul style="list-style-type: none"> • 5 month residential treatment program for men • Includes education, individual and group counselling, coaching for activities of daily living, participation in 12-step/Smart meetings, and vocational counselling • Groups on anger management, trauma and substance abuse, and Acudetox • Second stage housing potentially available

MALE RESIDENTIAL TREATMENT CONTINUED

<p>Serenity House Inc. 103 Leopolds Dr. Ottawa, Ontario 613-733-3574 www.serenityhouseottawa.com</p>	<ul style="list-style-type: none"> • Long-term residential treatment for men, aged 18 and older; room for 15 individuals • Length of program is 3 months (though it is flexible); five weeks for Phase 1 (introduction) and five weeks for Phase 2 (relapse prevention) • Includes treatment planning, education, individual and group counselling, lifeskills training, and discharge planning • Option of supportive residence for post-treatment reintegration into society also available • Valid OHIP and ADAT package required
<p>Sobriety House 90 First Ave. Ottawa, Ontario 613-233-0828</p>	<ul style="list-style-type: none"> • Residential treatment for men, age 16 and older • 28-day program • Includes structured treatment, recreational programming, relapse prevention, and discharge planning • Cognitive-behavioural model used along with the 12-steps of AA/NA • Valid OHIP and ADAT package required

DRUG AND ALCOHOL REGISTRY OF TREATMENT (DART)

Information about additional drug and alcohol treatment services in Ontario can be found through the Drug and Alcohol Registry of Treatment (DART).

<p>Drug and Alcohol Registry of Treatment (DART) Infoline: 1-800-565-8603 www.dart.on.ca</p>	<ul style="list-style-type: none"> • Provides information about drug and alcohol treatment services in Ontario • Toll free telephone line, which can be accessed from anywhere within the province of Ontario • English and French service • Interpretation services are also available in over 140 languages • The 1-800 telephone line is open to callers 24 hours a day, 7 days a week, and is free, confidential and anonymous
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12-STEP COMMUNITY MEETINGS

12-Step meetings are free, anonymous and informal fellowships where people come together to share their experiences and support with one another towards the goal of recovery. 12-step meetings are based on the 12-steps of Alcoholics Anonymous (AA), which have been adapted for use in other 12-step groups.

<p>Alcoholics Anonymous (AA), Ottawa Area Intergroup 211 Bronson Ave., Ste 108, Ottawa 24 hour telephone answering service: 613-237-6000 www.ottawaaa.org</p>	<ul style="list-style-type: none"> • Intergroup is an AA service office that provides information on all AA meetings and activities in the Ottawa area • There are approximately 250 weekly meetings offered in the Ottawa area • AA meetings are open to all individuals who think they may have a problem with alcohol
<p>Al-Anon / Alateen Family Groups, Ottawa Information Service 9 Antares Dr., Ste 245, Ottawa Meeting information line: 613-723-8484 www.al-anon.alateen.org</p>	<ul style="list-style-type: none"> • Al-Anon is a mutual support program for families and friends of alcoholics, helping them to cope with the effects of alcoholism • Alateen is a mutual support program for young people (age 12 to 18), whose lives have been affected by someone else's drinking
<p>Gamblers Anonymous (GA) and Gam-Anon, Ottawa Information Service www.gamblersanonymousottawa.org</p>	<ul style="list-style-type: none"> • GA is a self-help support group based on a 12-step program designed to help compulsive gamblers to stop gambling • Gam-Anon is a self-help support group based on a 12-step program for families and friends of compulsive gamblers
<p>Narcotics Anonymous (NA), Ottawa Information Service P0 Box 862, Stn B, Ottawa 24 hour automated phone line: 613-236-4674 www.magma.ca/~ottawana</p>	<ul style="list-style-type: none"> • NA meetings are open to recovering drug addicts and those who have a desire to stop using drugs. NA members offer peer support to one another on how to live a drug-free life and recover from the effects of addictions • Nar-Anon is a mutual support program for anyone whose lives have been affected by someone else's drug use. • For information on Ottawa meetings, see www.naranonontario.com, or contact 613-860-0902

SMART MEETINGS

<p>SMART Recovery Phone: 613-349-9406 www.smartrecovery.org Meeting list can be found at: http://www.smartrecovery.org/meetings_db/view/show_countryca.php</p>	<ul style="list-style-type: none"> • Smart recovery meetings are offered to help people recover from any type of addictive behaviour • Cognitive behavioural model with particular emphasis and use of Rational Emotive Behavioural Therapy • No religious aspect to SMART recovery • 4 meetings in Ottawa (The Royal on Mondays from 5:30-6:30, Sandy Hill Community Health Centre on Tuesdays from 12:30-1:30 and on Thursdays from 12:00-1:00, and Everest College in the St. Laurent Shopping Centre Room 2 Tuesdays from 6:00-7:00)
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ONTARIO ADDICTION TREATMENT CENTRE (OATC)

OATC are facilities that dispense methadone for people with opiate dependence and/or abuse. They also have access to a "detox" program for opiate dependent individuals (located in central Ontario), which has a waitlist. Patients of the OATC have regular contact with nursing, addiction counsellors, and a physician. Depending on their position in the program, they may have to attend the facility on a daily basis for the methadone, or they may have permission to carry doses home with them. Urinalysis is completed regularly to determine one's abstinence from substances.

<p>Ottawa (central) 401 Somerset Street West Ottawa 613-233-1114</p>	<ul style="list-style-type: none"> • Monday – Friday 8:00 – 5:45 • Saturday & Sunday 9:00 – 11:45
<p>Ottawa West 1318 Carling Avenue Ottawa 613-627-0856</p>	<ul style="list-style-type: none"> • Monday – Friday 8:30 – 4:30 • Saturday & Sunday 9:00 – 12:00
<p>Vanier 263 Montreal Road Vanier 613-749-9666</p>	<ul style="list-style-type: none"> • Monday – Friday 8:30 – 4:00 • Saturday & Sunday 9:00 – 12:00 • Closed daily for lunch 12:00 – 12:30