

### Education Series

A free six-session drug education series, including lectures, discussions and films dealing with addictions issues, is open to the public on a “drop-in” basis. Contact **FH outpatient services** for information.

### Self-Help Groups

Self-help groups are a worldwide community. These 12-Step support groups independent of FH Addictions Services are available days, evenings and weekends.

**AA Alcoholics Anonymous** 604-434-3933

**NA Narcotics Anonymous** 604-873-1018

**CA Cocaine Anonymous** 604-662-8500

**Al-Anon** (*For family, friends of alcoholics*)

604-688-1716

**Alateen** (*For teenagers of alcoholics*)

604-688-1716

**Nar-Anon** (*For family, friends of drug users*)

604-878-8844

**CoDA Co-Dependents Anon** 604-515-5585

**GA Gamblers Anonymous** 604-878-6535

**Crystal Meth Anonymous** 604-633-4242

### Support Services

**Parents Together** 604-325-0556

**24-Hour Crisis Line** 604-872-3311 or

1-866-661-3311

**After-Hours Emergency Services**

604-795-8616

**Helpline for Children** 604-310-1234

**Kids Help Phone** 1-800-668-6868

### For Information On Services

#### Alcohol and Drug Information Referral

A 24-hour free telephone service provides information about province-wide addictions services.

**Local 604-660-9382**

**Toll-free line 1-800-663-1441**

or

[www.kaiserfoundation.ca](http://www.kaiserfoundation.ca)

#### A Community Guide: Strategies and Interventions for Dealing with Crystal Meth and other Emerging Drug Trends

To view or download go to:

[www.fraserhealth.ca/HealthInfo/MentalHealth/AddictionServices](http://www.fraserhealth.ca/HealthInfo/MentalHealth/AddictionServices)

#### Links to Addictions Resources

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

[www.youarethelink.ca](http://www.youarethelink.ca)

[www.preventionsource.bc.ca](http://www.preventionsource.bc.ca)



# Youth Addictions Services



**Help is available!**



# Addictions Services

operates a network of direct and contracted services for people with problem substance use.

## Outpatient/Outreach Services

Trained professionals offer free, confidential information, assessment, counselling and referral for youth with problem substance use. Service is also available for people who are affected by someone else's problem. Treatment may include individual, family and group counselling as well as aftercare support. A harm-reduction approach (which could include abstinence) is used, tailoring treatment to the needs and goals of each person.

## Direct Services

**Burnaby Addictions Services**

Youth Outreach Worker 604-453-1910

**Surrey Addictions Services**

604-953-4900, local 3071

## Contracted Agencies

**Abbotsford Community Services**

**Agassiz-Harrison Community Services**

**FSGV Burnaby Services**

**Tri-Cities: SHARE Family and Community Services**

**Chilliwack Addictions and Prevention Services**

**Deltassist Family and Community Services**

**Hope Community Services**

**Langley Family Services**

**Maple Ridge: Alouette Addiction Services**

**Mission: Fraser House Outpatient Clinic**

**Mission Indian Friendship Society**

**New Westminster: Fraserside Community Services**

**Surrey Delta Immigrant Services Society**

**White Rock: Peace Arch Community Services**

## Contracted Specialized Outreach Services for Youth

- Odyssey
- Pacific Community Resources Society
- IMPACT Society

(For contact information for all contracted agencies see **For Information On Services** on the back of the brochure.)

## Withdrawal Management Services

Withdrawal management services provide safe, supportive environments for individuals withdrawing from the acute effects of alcohol and/or other substances.

**Maple Cottage Detox (3 youth beds)**

604-587-3755

**Withdrawal Management Unit, Chilliwack (1 youth bed) 1-866-795-0600 (toll free)**

## Residential Programs

These services provide a safe environment, free of alcohol and other drugs for youth who are pursuing their recovery.

**Last Door For Youth (male facility)**

**Daughters and Sisters (PLEA) (female facility)**

## Intensive Day Treatment

These four-to five-week programs offer free intensive therapeutic group counselling in a non-residential setting.

**DEWY (youth program) Pacific Community Resources Society**

## Specialized Services

**School and Community-based Prevention Program**

Fraser Health (FH) works with several agencies and two school districts to provide school- and community-based prevention services to children and youth, including those that are not in school.

## Concurrent Disorders Services

Support and services are available for youth with both substance misuse and mental health issues.