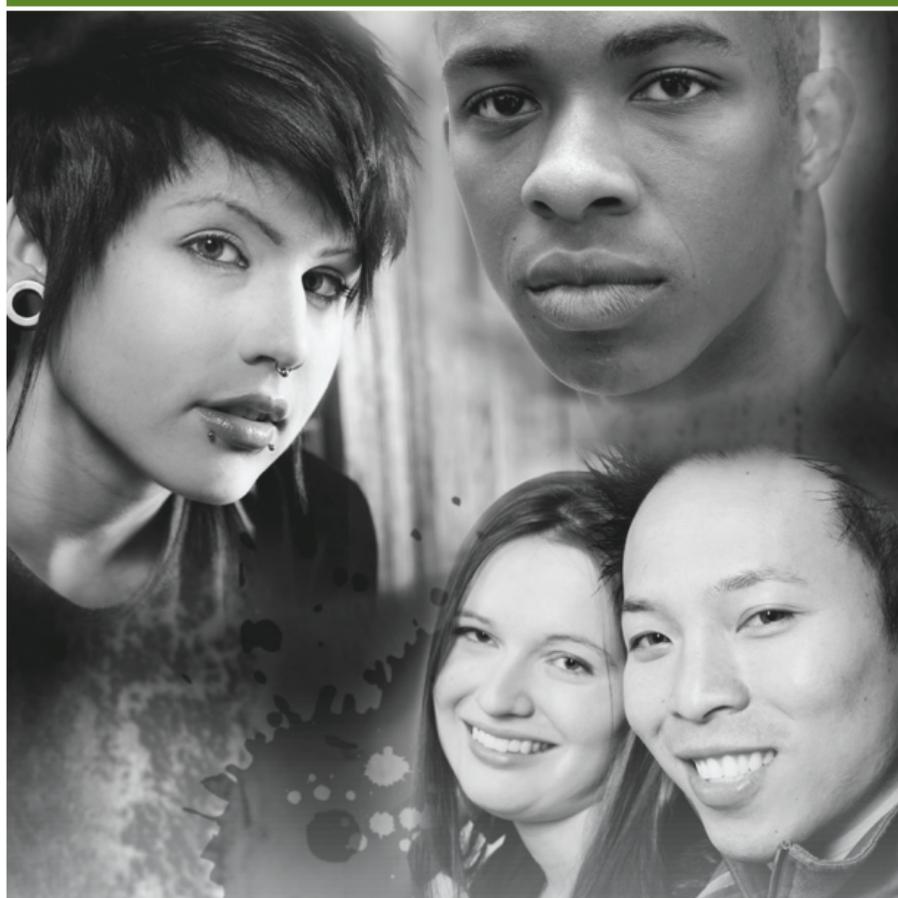


Substance Abuse Program



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.

SickKids®

THE HOSPITAL FOR
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

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

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

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

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