



416 Community Support for Women

What do you offer?

- *Mental Health Case Management*
- Staff tailor supports to individual need by linking clients to various community support services including housing, financial management, employment and other essential needs.
- *Addiction Case Management*
- This Outreach Service offers supports using an individualized model for women dealing with both mental health and substance abuse concerns.
- Drop-in: open seven days a week from 8:30AM-4:30PM
- Wellness Wednesdays: acupuncture, yoga and meditation offered at addiction therapy alternatives

Specifically Aftercare/ Continuing care

How to get connected? Contact person/telephone number

Drop-in Program

416 Dundas Street East, Toronto, Ontario, M5A 2A8

Phone: 416-928-3334

Fax: 416-928-2044



Across Boundaries: An Ethno cultural Mental Health Centre

What do you offer?

- Sangamam: Support program for Tamil-speaking individuals who are experiencing severe mental health problems and/or addiction.
- *Transitional Aged Youth* program offered out of Black Creek Community Health Centre which offers a range of support and services for transitional-aged youth (ages 15-24) with mental health and/or substance abuse issues
- Problematic Substance Use Program
- Supportive housing for persons with problematic substance use. The Access Point facilitates linkages to low support independent housing.
- 16 years of age or older
- Have a severe and active substance use challenge
- Be homeless or marginally housed
- Be a high intensity service user of ER departments, hospitals, withdrawal management and/or the justice system
- Qualify for housing subsidy under the criteria set by the Ministry of Health
- Must be willing to accept some level of support from housing provider

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

How to get connected? Contact person/telephone number

For case management need a referral and can access that through calling Access Point at 1-(888) 640-1934.

Can get referral online 14 yr. + for clients in City of T.O

For programs can self-refer 416-787-3007



Addictions Services for York Region (ASyr)

What do you offer?

- Addiction supportive housing
- Adult substance use program
- Back-on-Track
- Community Opioid Treatment Program
- Community Outreach Program
- Community Withdrawal Management Services
- Concurrent Disorders Program
- Concurrent Disorders Court Diversion Program
- Problem Gambling Program
- Umbrellas Program (*programming for mothers with young children and pregnant women with substance use concerns*)
- Youth & Family program

Specifically Aftercare/ Continuing care

- Outpatient /ongoing
- Assessment and Referral
- ADAT tools
- OHIP covered
- Outreach Program : housing, youth
- Opioid Program - Counselling and medical staff. Not AMS service

How to get connected?

Self referral

905-841-7007 ext. 322 OR 1-800-263-2288

Will call back within 24 hours. Keep a call log and will delete message after trying twice.

www.asyr.ca



Alpha House

What do you offer?

- Abstinence based recovery program
- Weekly Check in/ Life Skills Groups
Addiction Education Group with Dr. Jake Bobrowski, Addiction Medicine specialist every Tuesday night and Friday Morning
Evening Self Help Meetings held on site. The evening meetings are available to all current residents, past residents and those waiting for admission.
- 12 hours of day programs per week offered through several referral agencies. Recommended agencies listed on our links page.
- Stop with Addictions Nicotine Replacement Clinic offered free to all clients at admission.
- Alumni After-Care program.

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

- Many clients will come in after completing programs. Assist with getting reintegrated in the community
- All Male
- 18 residents
- Self-refer
- Safe sober living
- Wait times - 3 months

How to get connected? Contact person/telephone number

416-469-1700

alphahouse@on.aibn.com



Anishnawbe Health Toronto

What do you offer?

- Aboriginal Mental Health and Addictions Services: Assessment for substance abuse, psychiatric consultation, support and counselling groups, individual and family counselling, traditional ceremonies, holistic care plans, art therapy, nutrition counselling, and recreation.
- Explores aspects of wellness that include: stress management, anger management, coping with triggers, coping with relapse, and improving communication skills
- As long as client identifies as Aboriginal or First Nations can access programs or have a wife/child who identifies

Specifically Aftercare/ Continuing care

- No continuous care - offer the program there 20weeks they can stay longer
- Assigned to counselor and group based
- Don't monitor as long as consent for mandated
- Will help get into residential if needed and do tools
- Minimum requirement or 2xs a week and once with a counselor

How to get connected?

416-657-0379 Self-refer on going intake or walk-in is typically in person if incarcerated then will do over telephone. Anyone answering phone can do intake process.



What do you offer?

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| <ul style="list-style-type: none"> • Alcohol addiction treatment/ concurrent disorders • Drug and prescription medication addiction treatment • Eating disorders & addiction treatment • Sexual addiction treatment • Problem gambling treatment • Addiction & PTSD/OSI treatment program • Continuing care/after care • Funded residential treatment/ outpatient • Assessment • Stabilization | <ul style="list-style-type: none"> • Detox (withdrawal management services) 5 days • 24/7 medical care and support • Addiction education • Group therapy • Relapse prevention • Stress management • Nutritional education & counselling • Physical education & fitness • 12-step education and support groups • Life skills coaching |
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What Specifically Aftercare/ Continuing care

- Have aftercare provided to patients who have completed - can do one year of 1 to 2 hour sessions per week
- Have accepted other individuals to aftercare programs - high and accredited
- Do intensive outpatient - 12 wk. program through edgewood Toronto office - have to have sobriety while in program
- Individual programming
- Mandated clients accepted

How to get connected? Contact person/telephone number

- Self-refer - do have ministry of health programs but alcohol only and fairly strict guidelines - cannot use other substance for 6 months and need doctor urine test. If on any type of benzo or sleep need doctor note and need to have tapered for 3 month - All clients need pre admission screen **all programs are not covered other than specific program for alcohol (strict guidelines)
- 6-8 month wait list for those clients who want to come in sooner can come into program but not their bed (semi private room)

416-495-0926 OR toll free 1-800-387-6198
 info@bellwood.ca



What do you offer?

- A variety of programs and activities, developed by the Community Health Promotion Team
- Case management
- Counselling services - social worker
- Chronic Obstructive Pulmonary Disease (COPD) education program
 - For individuals over 40 who smoke or used to smoke
 - A full respiratory assessment
 - A spirometry, or breathing test
- Smoking cessation - NRT covered Ask for Fred
- Bridges to moms - mothers substance use ext. 3237
- Counselling - catchment area Steeles N Wilson S Humber W Keele E Men/women
- Bridges to Moms is a new innovative program at the Black Creek Community Health Centre. Bridges to Moms is a community-based counselling and case management program that provides holistic support to women who are pregnant or parenting and facing challenges pertaining to substance use in North York, Northern York Region and South Simcoe. Working from a harm reduction, woman-centered and anti-oppression frameworks, we provide mobile, outreach-based services to women. Our counselors are experienced professionals with graduate level degrees in either social work or counseling psychology. Six hour days, three days per week program for seven consecutive weeks.

<http://fpyn.ca/program/bridges-moms-black-creek-community-health-centre>

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

No Aftercare

How to get connected? Contact person/telephone number

- ❖ Bridges to moms - mothers substance use 416-249-8000 ext. 3237 or email audrey.taylor@bcchc.com
- ❖ 416-249-8000 (Self refer)
- ❖ www.bcchc.com



What do you offer?

- Family & Youth initiative
 - Assessment and referrals to day or residential treatment programs (tools/ no wait time)
 - School outreach - 2 clinicians focus on school with partnerships with TDSB 14+
 - Individual & family therapy- harm reduction based counselling (gambling & video not specifically)
 - Adult information night- two hour evening presentations for parents and other adults looking for information on substance abuse and the effects
- Harm reduction outreach
 - Weekly support and discussion group for women
 - Individual counselling
 - Auricular acupuncture- helps to reduce withdrawal symptoms
- Opiate Treatment Clinic (Methadone & Buprenorphine/Suboxone)
 - All Youth (15- 24) and Women/Trans and All Older Adults (55+)
- Supportive Housing- for individuals 16+ who have problematic substance use
- Pieces to Pathways- Peer-led initiative serving as a substance use support program for LGBTTTQQ2SIA youth 16-29 years old in Toronto

Specifically Aftercare/ Continuing care

No aftercare

Mandated clients accepted

How to get connected?

- ❖ M-T 9-5 F 9-2
- ❖ Self-referral - no cost / no ohip
- ❖ 416-537-9346 or drop by in person to 21 Strickland Ave. If you are looking for opiate treatment.
- ❖ www.breakawayaddictions.ca



Breaking the Cycle

Breaking the Cycle

What do you offer?

- Early identification and prevention program designed to reduce risk and enhance the development for substance-exposed children by providing services which address maternal addiction problems
- Services include integrated addictions counselling, health/medical services, parenting support, development screening and assessment, early childhood interventions, child care, access to FASD diagnostic clinic, basic needs support.
- Female only

Specifically Aftercare/ Continuing care

- Offers counselling while waiting for programs and or waiting to get into a program
- No wait times especially women who are pregnant can be seen within 3 days, otherwise will take up to a week.

How to get connected?

- ❖ Self-referral - over the phone
- ❖ No catchment
- ❖ No OHIP needed. However, OHIP for certain programs for children



What do you offer?

- Residential program - \$1500
- Family support group - free whether or not family member is in program
- Day program
- Re-entry phase
- Public education and school presentations

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

- Yes aftercare program - for residents for 18+ months of programs
- Aftercare free for clients who complete residential program
- Accept Mandated clients
- Do not accept clients on methadone/suboxone

How to get connected? Contact person/telephone number

- ❖ 416-748-9988 - self refer



The WORKS

What do you offer?

- Harm reduction supplies and counselling
- Opioid substitution clinic - Methadone, Suboxone & Naloxone
- Supervised injection services
- HIV testing and vaccination
- Mobile outreach

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

- No OHIP required
- Individual/on-going counselling
- Can assist with referrals - not specifically ADAT tools

How to get connected? Contact person/telephone number

- ❖ 416-392-0521 Walk-in

St. Stephen's Community House

Corner Drop-In

What do you offer?

- Daytime shelter, nutritious food, primary care services, addictions counselling and mental health support
- Cocaine anonymous support group
- Auricular acupuncture

Drop-in/Laundry & Showers

Monday - Friday & Sunday

7:30 AM - 11:30 AM

8:00 AM - 11:30 AM (Sunday)

Specifically Aftercare/ ContinuingCare

Addiction counselling and referral

Toronto Community and Addiction Team (TCAT) co-lead by SMH and funded through the Toronto Central LHIN. For frequent user of WMS/ER services can receive a referral. TCAT member will be assigned a case manager and work to achieve goals.

Relapse prevention and harm reduction (safety kits/doctor on site one day a week and addiction counsellour present daily.

How to get connected?

Theo Prociw

416-925-2103 x 2260

ptheo@sschto.ca

260 Augusta Ave.

TCAT Program 416-353-4331 OR tcatinfo@sschto.ca



What do you offer?

- Walk-In clinic offering counselling services for addictions and mental health concerns. Open 5 days a week- no health card or appointment needed. 0-29
- Residential treatment program
- EMYS, in partnership with and [Bereaved Families of Ontario-Toronto](#), offer grief counselling walk-in services for youth and young adults.
- Community tx, community Day/Evening tx, Residential tx

Specifically Aftercare/ Continuing care

- More individual counselling also have a group for parents concerned with youth (contact Liora at 245 substance use)
- Have a residential service but it's for youth not specific to addiction

How to get connected? 416-438-3697

❖ emys.on.ca

Elizabeth Fry Society of Toronto Substance Abuse Assessment and Treatment Program

What do you offer?

- Community Treatment
- Counselling & support services for women
- Counseling is available Monday to Friday 8:30 a.m. to 4:30 p.m. and all individual services are free of charge.
- **Healing from Abuse & Trauma Services** (individual)
- **Reintegration Counselling Services** (Provides one-to-one and group counseling for women on provincial probation and parole. Using a harm reduction framework)
- **Parenting Services**- Offers support to mothers reuniting with families post or during incarceration.
- **Community General Counselling Services** - counseling supports to women in the community dealing with a broad range of social, economic and justice disadvantages
- Provide unique programs in support of women who have experienced homelessness, are at-risk of conflict with the law or have experienced such conflict.

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

- Mandated or on probation - No in-house programs/residential services
- Only social service agency in Toronto with a specific mandate to provide programs and services for and about women in conflict with the law.
- Assists women in navigating the Toronto court system, fulfilling court-mandated requirements and developing skills at Vanier Centre for Women.
- Offer individual and group counselling, crisis intervention, release planning, referrals, transitional housing, and community education.

How to get connected? Contact person/telephone number

- ❖ **Elizabeth Fry Toronto**
215 Wellesley Street E.
Toronto ON M4X 1G1
- ❖ Main phone number: 416 924 3708
Toll free number: 1 855 924 3708
e-mail: info@efrytoronto.org

What do you offer?

- Supportive housing
- Open house Drop-In Program
- Creative & recreational programs- Arts & garden group
- Employment and training services
- Concurrent disorders support services (16+ years old)
- Harm reduction program day program (930-12 M-F/ T,W,Th 930-230) 2 weeks to start
- Case management - Mike
- Withdrawal management services - SMH
- Shared care- Partnership with CAMH

Specifically Aftercare/ Continuing care (completed programs OR mandated OR at risk)

- Mandated programs
- No Aftercare - but day program is 30 sessions (either 1-2x week) will connect clients
- Once accepted into the program, individuals are referred to a partner or external agency for a range of services, including case management, addiction medicine, psychiatric consultation, addiction stabilization, mental health counselling, housing access help and much more.
- **How to get connected? Contact person/telephone number**
- be 16 years or older
- have a co-occurring mental health disorder and be actively using one or more substances
- have other challenges affecting social welfare, such as homelessness, disability, cognitive impairment or history of trauma
- Eligibility for CDSS is by referral from a medical practitioner or community-based agency that is working with an individual. Although CDSS encourages referrals through clients' pre-existing service providers, CDSS also works with people who are new to the system.
- For more information, email cdss@fredvictor.org or call (416) 364-8228 ext. 3311 or 3365.
- Case Worker Mike 416-434-8573 - anyone can refer through Coordinated Access



What do you offer? Problem Gambling Services, addictions counselling & treatment, family services, relapse prevention, youth services, health promotion

- Transitional care services
- Addiction medicine services - direct through Homewood ohip covered beds are two years
- Self-referral 519-824-1010

How to get connected?

- ❖ **1-844-437-3247 24hr line HERE 24/7** (Any outpatient programs can go through 24/7)All Waterloo region (Cambridge, Kitchener, Guelph)- outpatient counselling's offered through Homewood or St Mary's counselling service - then call Here24/7 to get the first appointment/assessment - once connected with services its individual counselling and then can look at other options like group - no fee with getting councilor
- ❖ ADAT tools if they live in our region can facilitate to do it and refer outside - through CMHA

All mental health services go through CMHA peel

- ❖ Yes - ohip
- ❖ Do not have a tx residential program.
- ❖ 24/7 is a intake program for assessment and referral
- ❖ All outpatient and community program
- ❖ Can assist with options for mandated/aftercare but lots in the region
- ❖ To get initial assessment and can schedule first appointment
- ❖ No wait to get intake but wait times for services vary obv

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| • <u>Adult Addictions Day Treatment Referral</u> | • <u>Adult Psychiatry Referral CMHA WWD</u> |
| • <u>Adult Addictions Day Treatment-Seminars Referral</u> | • <u>Eating Disorders Referral</u> |
| • <u>Adult Counselling and Treatment Services Referral</u> | • <u>Family Support and Education Referral</u> |
| • <u>Adult Court Support and Diversion Referral</u> | • <u>Long-Term and Transitional Supportive Housing-Addictions Referral</u> |
| • <u>Adult Psychiatry Referral Cambridge Memorial Hospital</u> | • <u>Long-Term and Transitional Supportive Housing-Mental Health Referral</u> |
| • <u>Youth Justice Court Support Referral</u> | |