# <u> YOUTH (<19):</u>

# IN THE SPECTRUM OF CARE.. WHERE WILL YOU CHOOSE TO BEGIN?

## ACCESSING OPIOID AGONIST TREATMENTS (OAT)

## **Family Physicians**

Family Physicians can prescribe Suboxone! Want to learn how? Visit suboxonecme.ca

Family Physicians can also visit the CPSBC website for information on prescribing Suboxone and the process to obtain special authorization to prescribe Methadone

BACE phone line/app (Rapid Access to Consultative Expertise).

Family physicians can use this to connect with specialists who can provide assistance with developing a plan of care, including in areas of substance use and Suboxone

#### Victoria Youth Clinic (ages 12-24)

Suboxone starts and follow up Outreach

Referrals and connections to services Medical assessments for Youth Detox (through Youth Empowerment Society)

#### Youth and Methadone

The primary point of care for youth wanting to access OAI in Victoria is the Victoria Youth Clinic, which only prescribes Suboxone.

In certain circumstances when youth are close to the age of transition to adult services, Victoria Youth Clinic, physicians, might be able to coordinate care with Adult OAT clinics so that a youth can access Methadone.

## HOUSED SUPPORTS

#### **VICTORIA**

#### **Youth Detox**

(Youth Empowerment Society)

7-10 day stay Free

Non medical detox

Medical assessment required prior to entry (can be done at Youth Clinic)

Suboxone can be taken while attending the program; Methadone can not.

Detoxing from some substances must be medically supervised to ensure safety. There is currently no medically supervised detox for youth (i.e. under the age of 19) living with these circumstances in Victoria. Contact the Youth Clinic or your family physician for support and planning.

## **Supportive Recovery**

#### INDIVIDUAL

## Supportive Recovery

(Boys and Girls Club) (ages 13-19)

1 bed per Family Care Home 5 beds Free

4 months of safe and supportive housing in contracted Family Care Homes Goal planning and connections to resources through support workers

Connections to Discovery Counsellor

Suboxone/Methadone: No

#### GROUP

## Males

## Beacon of Hope House (Salvation Army)

6 beds 5 days of sobriety before entry

30, 60, or 90 day stay Free

Addictions specific treatment program Suboxone/Methadone: Yes

#### Females

There is currently no addictions treatment program for women under the age of 19 in Victoria

## PEER + SOCIAL + OUTREACH SUPPORT

## YOUTH SPECIFIC PROGRAMS + **ORGANIZATIONS**

#### **Discovery Youth Services (VIHA)** (ages 13-19)

Counselling services for youth affected by substance use, their families, and youth affected by another individuals substance use.

Connection to counsellor who can assist with goal planning, accessing/referrals to other services

Outreach

Services distributed throughout Vancouver Island

#### AIDS Vancouver Island

Youth specific programs: Harm Reduction Training Series Queer Youth Training Series Youth Outreach (1:1 support)

Also: Overdose Prevention Space (ages 16+)

Focus Mentoring (Big

**Brothers Big Sisters** 

Youth are matched with a

mentor to meet with for a couple hours a week

Can assist with community

Naloxone Training + Kits, Safe Using Supplies

#### Youth Empowerment Society

Drop in space/services (day and evening drop in programs) Monday-Friday

Most services are for youth ages 13-19. with some exceptions

Outreach

Other programs include: Life skills, family counselling, emergency shelter services

# <u>Native</u> <u>Friendship</u> <u>Centre</u>

Addictions counselling and referrals to other services including aboriginal treatment centres up island.

Youth specific addictions supports available.

**West Shore Communities** 

Community Outreach Prevention&

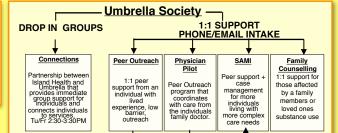
**Education Program (COPE) (ages** 

<u>5-18)</u>

1:1 counselling for youth on a range of topics (including

substance use)
12 free sessions for West Shore residents ~ couple month wait to access a counsellor

## ALL AGES



#### **SOLID**

(Society of Living Illicit Drug Users)
Safe using supplies, daily needle exchange/pick up
Naloxone training + kits
Drop-in peer group support sessions that are organized into themes (e.g. Mens Night,
Indigenous Women's Night)

**West Shore** 

## Sooke Family

Resource Society

Informative first point of contact for connections to services

NALOXONE TRAINING+KITS

#### Her Way Home

Supports for pregnant & new mothers living with substance use dependence

1:1 counselling & groups Connections to primary care provider

Prenatal vitamins

## **PEERS**

Organization that supports current/former sex workers.

Drop in, outreach, educational workshops, bi-weekly health clinic

Safe sex & safe using supplies

VANCOUVER **ISLAND** DETOX/ SUPPORTED RECOVERY AT A GLANCE

## Transitions Withdrawal & Stabilization

(Nanaimo Area Resource Society for Families-NARSE)

Nanaimo

Up to several months of supported recovery (can deto: in the program)

Suboxone/Methadone: Yes

#### 180° Detox and Stabilization (John Howard Society)

Courtney/Campbell River

3 beds

Up to 6 months of supported recovery (can detox in the program)

Live in family care program (1bed/home) + attend group day program

Can be taking Suboxone

## MAINLAND

There are other options in/around Vancouver, and in other areas of BC such as Kelowna

## **OVERDOSE** PREVENTION SITES

For youth under the age of 19, there is one Overdose Prevention Sites in Victoria, BC. These are spaces where individuals are able to consume their drugs (via self administered injection) in a supervised environment using clean supplies:

AIDS VANCOUVER ISLAND 3RD FLOOR 713 JOHNSON STREET

Available at many locations in the community (more information at towardtheheart.com) including:

AIDS Vancouver Island
Cool-Aid Pharmacy
Our Place
PEERS
STS Foundation
The Schoting and Assessment Centre The Sobering and Assessment Centre SOLID

Street Nurse Outreach Team (Centre for Communicable Disease)

prescription

FREE for those who are/ who know someone at risl of overdose

## SAFE USING SUPPLIES

AIDS Vancouver Island Cool Aid Pharmacy SOLID STS Pharmacy Street Nurse Outreach

NOTES:			