



# Integrated Treatment Teams

An Integrated Treatment Team (ITT) is an interdisciplinary team that provides flexible and evidence-based treatments and supports to adults who are experiencing difficulties with **substance use**.

## What we believe

Wellbeing is possible – People who struggle with substance use can improve their health and wellness, live a self-directed life and reach their full potential.

## How is it different?

ITTs offer a team-based substance use treatment model that includes:

- ◆ Virtual counselling-based substance use treatment (e.g. Acceptance & Commitment Therapy, CBT, Motivational Interviewing)
- ◆ Peer Support
- ◆ Cultural and/or land-based healing
- ◆ Connection to prescription medication
- ◆ Delivery of mobile services

## Who is it for?

ITTs will support adults who are seeking treatment for **substance use** in their community and may need more flexible treatment options. The target population for ITTs are:

- ◆ Adults 19 years of age or older
- ◆ Able to and interested in engaging in clinical interventions and treatments
- ◆ Psychosocial stability
- ◆ Connected or interested in being connected to primary care GP/NP and/or addictions medicine
- ◆ Current or recent history of substance use
- ◆ Access and ability to use technology

ITTs utilize 3 professional disciplines:

Registered Nurses/Registered Psychiatric Nurses, Disciplines Allied to Social Work, and Peer/Elder Support

**For more information, please contact**



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