

RESOURCE PARTNERS OF THE YOUTH ACCESS MECHANISM

Each of these centres can be called on to respond to the needs of youth under the age of 18 years who have a substance abuse problem.

CENTRE DOLLARD-CORMIER

Public alcohol and drug rehabilitation centre

The Youth Program at the Centre Dollard-Cormier is designed for youth under the age of 24 years who live on the Island of Montreal whose drug or alcohol use is creating difficulties of all types, as well as for parents who are concerned by their children's use, whether or not the youth are participating in the program.

Services offered

Out-patient services: rehabilitation services are offered on an out-patient basis to youth who are suffering from serious substance abuse problems:

- *Approach:* bio-psychosocial with a view to reducing harmful effects;
- *Clientele:* 24 years and under and their family and friends;
- *Length of stay:* flexible, depending on the youth's needs;
- *Post-cure follow-up:* individual or group meetings led by a multidisciplinary team;
- *Particularities:* walk-in reception, school program, training for schools, community groups and front-line practitioners;
- *Reasons for exclusion:* violent, uncontrolled and recurring behaviour; in addition, the lack of respect for a psychiatric treatment may result in the youth's temporary exclusion;
- *Services for family and friends:* meetings for individual parents, couples or families and groups of parents, even if the youth is not enrolled in a program.

In-patient services: placement in a youth clinic:

- *Approach:* bio-psychosocial with a view to reducing harmful effects;
- *Clientele:* mixed, aged 17 to 24 years;
- *Length of stay:* approximately one month with the possibility of leaving after 7 days;

- *Post-cure follow-up*: possible out-patient follow-up by a multidisciplinary team;
- *Reasons for exclusion*: risk of physical withdrawal, severe mental health disorder;
- *Particularities*: placement in a youth clinic is designed to provide a time out to stop the downward spiral and initiate a reflection process.

PAVILLON FOSTER

Private substance abuse rehabilitation centre

Pavillon Foster's Youth Program is designed for English-speaking youth from 12 to 18 years for whom drug and alcohol use is creating difficulties.

With a supra-regional mandate, the program serves the population of the Island of Montreal and the Montérégie.

Pavillon Foster offers the following services

- Bio-psychosocial assessment and recommendations;
- Individual, group and family therapy;
- Groups of parents whose children may or may not participate in the Program;
- Services for the family and friends, whether or not the youth is enrolled;
- Community consultations;
- Training for schools, community groups and front-line practitioners;
- Interventions with youth in the schools;
- Approaches promoted: bio-psychosocial, motivational and cognitive-behavioural interviews.

LE GRAND CHEMIN

Community organization offering alcohol and drug addiction services

Services offered

- *Approach*: bio-psychosocial together with the 12-step Alcoholics Anonymous model (change motivation stage);
- *Clientele*: mixed, aged between 12 and 18 years;
- *Length of the program*: from 8 to 10 weeks;
- *Post-cure follow-up*: once a week for four months;
- *Particularity*: compulsory school attendance;
- *Reasons for exclusion*: none, unless severe medical and behavioural restriction disorders;
- *Services for family and friends*: parental support and direct intervention with families to work on dysfunctions related to the drug or alcohol abuse of the adolescents receiving therapy.

PORTAGE

Private alcohol and drug addiction rehabilitation centre under agreement

Services offered

- *Approach*: therapeutic community, self-help;
- *Clientele*: mixed, aged 14 to 18 years;
- *Length of stay*: six to eight months;
- *Post-cure follow-up*: available for as long as the user wishes;
- *Service agreement* with the Batshaw Youth and Family Centres and the *Centres de jeunesse* to the effect that 12 of the 24 places in the Beaconsfield facility are reserved for youth from the Batshaw Youth and Family Centres
- *Particularities*: school attendance is compulsory and coordinated around a progressive educational approach. The users play a significant role in the management of the environment and an important role is assigned to the family as well as the referents;
- *Reasons for exclusion*: uncontrolled violence, unstabilized mental disorders or the lack of an attending professional;
- *Services for the family and friends*: participation of the family is considered to be an important asset in the adolescent's success. It is received and supported by family services, invited to get involved and consulted during revisions of the IP. Families with specific needs are accompanied by the team and other families who use the same services. Attention is particularly assigned at the end of the residential stay in order to ensure the family reunification and continuous support is provided throughout the post-cure follow-up.

LE PAVILLON DU NOUVEAU POINT DE VUE

Community organization offering alcohol and drug addiction services

Services offered

- *Approach*: behavioural; assisted by intensive outdoor activities together with the 12-step model adapted for adolescent clientele, within a bio-psychosocial perspective;
- *Clientele*: mixed, aged between 13 and 18 years;
- *Length of the program*: 42 days;
- *Post-cure follow-up*: once a month for one year;
- *Particularities*: be open to participating in intensive outdoor experiences;
- *Reasons for exclusion*: risk of physical withdrawal, high risk of suicide and medical restrictions;
- *Services to the family and friends*: the ability for the family network to take charge of the adolescent again is encouraged and a follow-up as well as visits are offered during the treatment.

YOUTH AND USE OF ALCOHOL AND DRUGS

IN QUEBEC

- Close to one high school student in five (18%) uses alcohol on a regular basis, at least once a week.
- Cannabis is the drug used by the largest number of high school students (39%), followed by hallucinogens (13%).
- The average age of high school students' initiation to regular use of alcohol is 13.4 years and 13.2 years for drugs.
- Close to half of all high school students (44%) had at least one episode of abusive use of alcohol in 2002.
- The frequency with which youth use alcohol and drugs increases with their years of study.
- Alcohol abuse is related to the youth's type of family, since 40% of those who live in two-parent families have never had this behaviour compared to approximately 29% of those living in other types of family. Although slightly less significant, a similar difference based on the type of family, is also observed among youth who have taken hallucinogens.

This data has been drawn from the document: *Drug Addiction and Service Path Mechanism for Youth under the Age of 18 Years in the Montreal Area, 2006.*

THE MECHANISM AT A GLANCE

SCREENING

Carried out by the CSSS, schools, hospitals, community organizations, centres jeunesse, youth, parents



SHORT ASSESSMENT AND ORIENTATION

Carried out by the CSSS, schools, community organizations and centres jeunesse
Same assessment tool used by all: DEP-ADO



IF A SERIOUS SUBSTANCE ABUSE PROBLEM IS DETECTED

Specialized assessment and recommendation

Maximum waiting period of 1 week
Centre Dollard-Cormier (Francophones and allophones), Pavillon Foster (Anglophones and allophones) or other partners if it is the first direct contact

Validation of the results and orientation of the client to the appropriate resource

Access Mechanism Coordinator

Rehabilitation

Rehabilitation or treatment centres for alcohol and drug addiction
Residential service, detoxification, individual or group inpatient or outpatient therapy, reintegration

IF THE CONSUMPTION IS MODERATE

Short intervention

Individual or group meeting
CSSS, centres jeunesse, schools