

**DESCRIPTION  
OF SERVICES**



## WHO ARE WE?

Founded in 1997, the Centre Dollard-Cormier – University Institute on addictions is a public rehabilitation centre for people experiencing problems with alcohol, substance abuse or pathological gambling. It serves the entire population of the Island of Montreal, intervening with the individuals themselves as well as their families and friends. Over the years, the development of our services has allowed us to respond to the needs of every age group from children to adults 55 years of age and over. Affiliated with the *Université de Montréal*, the Centre also assigns a great deal of importance to research and developing knowledge in these fields of expertise.

 ACCESS PROGRAM

 REHABILITATION PROGRAMS

 SPECIAL NEEDS PROGRAMS

 SUPPORT PROGRAMS

# AN INTEGRATED AND CONTINUOUS NETWORK OF SUBSTANCE ABUSE **SERVICES**



## ACCESS SERVICES

The access services represent the point of entry to the Centre. They are an obligatory step for all clients who are then directed to the program which correspond to their situation and needs.

### INTAKE, EVALUATION AND ORIENTATION SERVICE (25 YEARS AND OVER)

As the main entry, this service receives most of the initial requests for services for clients who are 25 years of age and over. Rapidly accessible, it assesses and orients clients to the programs or services that are most appropriate for their situation.

In order to increase the accessibility of the institution's services on agreement has been concluded with the CSSS Pointe-de-l'Île so that clients in Montreal's east end can receive intake, evaluation and orientation services directly from the Point-de-l'Île service centre. Certain clientele (adult, youth, 55 years and those in the legal system) may also obtain services on site.

## **SUBSTANCE ABUSE EMERGENCY-TRIAGE SERVICE**

Open 24 hours a day, 7 days a week, this service is the Centre's entry for clients who have a substance abuse problem requiring immediate intervention. The service has 10 gurneys to observe, assess and support clients. The length of stay generally does not exceed more than 48 hours, except for street youth who can remain for 72 hours. Depending on the results of their evaluation, injectable drug users may also stay for more than 48 hours.

The triage component of the service is available during the day, from Monday to Friday. It provides a physical (nursing and medical care) and psychosocial evaluation of clients for the Detoxification Program and also determines to which services, programs or resources the client should be referred.

## **YOUTH PROGRAM – OUTPATIENT COMPONENT**

This component is the Centre's point of entry for all youth clients (24 years and under). Access for clients 17 years of age or under is regulated by an access mechanism which draws on all resources working with youth and drug users on the Island of Montreal.

## **ACCESS SERVICE TO THE PATHOLOGICAL GAMBLING PROGRAM**

The point of entry for all clients who have problems involving pathological gambling.





## YOUTH PROGRAM

For youth 24 years and under.

### SEVEN COMPONENTS ARE AVAILABLE:

- › Outpatient component, with or without an appointment;
- › Inpatient rehabilitation component;
- › Educational service component for youth 17 years and under;
- › Community outreach component: street work with young people and community resources;
- › Services for parents and friends component;
- › Justice component for youth subject to the *Youth Criminal Justice Act*;
- › Mental health component for youth with an associated mental health problem.

Access to the services for clients aged 17 years and under is regulated by an access mechanism that draws on all resources working with youth and drug users on the Island of Montreal.



## ADULT PROGRAM

For adults from 25 to 54 years: provides rehabilitation activities for substance abuse and related concomitant problems. Accessible during the day and evening according to a fixed schedule.

### **THIS PROGRAM INCLUDES FOUR COMPONENTS:**

› General component

For clients with less severe problems and more stable living conditions.

› Justice component

For clients who have a problem of substance abuse and who are subject to judicial control;

› Mental health component

For clients with a combination of substance abuse and mental health issues;

› JESSIE

For parents of children from 0 to 5 years for whom a report concerning negligence has been retained by the Director of Youth Protection in Montreal.



## 55 YEARS AND OLDER PROGRAM

For clients who are 55 years of age and over who are experiencing a constant need to adjust due to losses related to aging and/or bereavements. Accessible day and night and in the client's home, when necessary.



## PATHOLOGICAL GAMBLING PROGRAM

For persons with pathological gambling problems and their family and friends, offering individual (10 to 15 meetings) and group services, crisis support, financial and legal advice as well as assistance and recommendations for other problems.

The increasing popularity of new computer technologies and the accessibility of the Internet have contributed to their compulsive use in certain individuals. To respond to this phenomenon, we now serve cyber-dependent clients.



## INPATIENT REHABILITATION PROGRAM FOR ADULTS

For persons with substance abuse or pathological gambling problems who have symptoms of psychological distress and social disorganization; accessible only to clients being followed by the Centre. The Program is designed to re-establish psychological health and to encourage the person to appropriate and become accountable for his state of health, regain his functional skills and reintegrate in his natural environment (18 beds, 24 hours / 7 days – 2 to 3 months stay).



## DETOXIFICATION PROGRAM

For all alcoholics or drug users who are going through a period of detoxification on stopping their consumption.

### IT INCLUDES TWO COMPONENTS:

#### › Withdrawal component

Enables the person to go through physical withdrawal in a secure environment with medical supervision (10 beds – 7 to 10 days stay);

#### › Recovery component

Provides inpatient supervision to support clients to stop their consumption when they do not show evidence of physical withdrawal or have completed their withdrawal period. Support for the client's motivation through individual or group meetings (18 beds – 10 days stay). A nursing follow-up is provided. This component is also accessible to clients who are pathological gamblers.



## SOCIAL INTEGRATION THROUGH WORK PROGRAM

For persons registered with the Centre Dollard-Cormier – University Institute on addictions who are experiencing difficulties in seeking employment. Employability assistance and occupational orientation.

### PROVIDES ACCESS TO THE FOLLOWING SERVICES:

- › Occupational evaluation and orientation;
- › Support;
- › Recommendations to partners offering search services and job support.



## CLINIQUE CORMIER- LAFONTAINE

Third-line comorbidity services for alcohol/  
drug abuse and mental health issues.  
Services are offered in partnership  
with *Hôpital Louis-H. Lafontaine*.

### THE CLINIC OFFERS DIRECT SERVICES TO ITS CLIENTS:

- › Inter-disciplinary evaluation and treatment;
- › One-on-one and group interventions;
- › Liaison and support for professionals  
liable to issue recommendations.

### AND INDIRECT SERVICES TO PARTNERS (INSTITUTIONS / ORGANIZATIONS):

- › Support for 2<sup>nd</sup> and 1<sup>st</sup> line services;
- › Clinical consultation services;
- › Transfer of knowledge through  
training activities;
- › Contributes to the advancement of research  
into comorbidity with the participation  
of other research teams in Quebec.

The Clinic develops relevant knowledge and  
know-how for research, teaching and evaluation.



## LIVING ENVIRONMENT AND SOCIAL REINTEGRATION PROGRAM

For clients experiencing difficulties concerning housing, accommodation or social reintegration.

### IT INCLUDES FOUR COMPONENTS:

#### › Stop-gap residences component

For clients of the Centre who need to stabilize their situation and reorganize themselves socially. Maximum stay of 14 days – 18 places available;

#### › Foster homes and contractual resources component

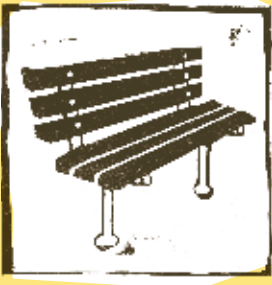
For persons who require short, medium or long term specific services with continuous supervision. Several types of accommodations are available: supervised apartments, foster homes, rooms, etc.;

#### › Social reintegration component

For clients of the Centre. This component involves social reorganization through various means including access to housing for about a year. The objective is to provide the person with the tools he needs for his social integration: budgetary support, return to studies, labour market, etc., for approximately a one-year period.

#### › Social housing component

Designed to support existing social housing and develop new projects. Promotes the clients' integration in social housing.



## HOMELESS – NO FIXED ADDRESS PROGRAM

For homeless individuals, 25 years and over, with a drug or alcohol dependency. Interventions focus on reducing harm in a context of high tolerance threshold and are provided along with a group of services and programs offered at the Centre.



## GROUP ACTIVITY PROGRAM

Immediately following his evaluation, the client may participate in group activities based on three areas of intervention:

- › Consumption: the mourning process following withdrawal, relapse prevention, motivation, etc.;
- › Social: communication, stress management, conflict resolution, etc.;
- › Psychological: anger management, self-assertion, self-esteem, etc.



## ENTOURAGE PROGRAM

For the family and friends of persons with problems involving drug or alcohol abuse or pathological gambling.

### **TWO COMPONENTS ARE OFFERED:**

#### › Adult component

For all clients.

Persons of 18 years and under are referred to an individual follow-up.

#### › 6-12 Years component

For children from 6 to 12 years who have a relationship with a family member with a dependency problem.



## NETWORK SERVICES

Network services respond to requests from one of the Centre's programs or from other partner organizations.

### TRAINING AND CLINICAL CONSULTATION SERVICE

For organizations, individuals, groups or resources on the Island of Montreal in contact with drug users clientele: provides promotion, training, representation and consultation activities.

### DRIVER EVALUATION PROGRAM

For drivers convicted of driving while legally impaired as well as persons identified by the *Société de l'assurance automobile du Québec* who wish to obtain or renew a driving permit.

### COURT EVALUATION SERVICE

This service is designed to assist the judge in making a decision arising from the accused's need for alcohol or drug abuse rehabilitation; provided at the Montreal Court House.

# OUR ADDRESSES

ALL OUR OFFICES ARE LOCATED IN MONTREAL

## LOUVAIN

950 de Louvain St. East, H2M 2E8  
514.385.1232 (1CDC)

- › Intake, Evaluation and Orientation Service
- › Access to the Pathological Gambling Program
- › Adult Program
  - General component
  - Justice component
  - Mental Health component
  - JESSIE component
- › 55 and Older Program
- › Family and Friends Program
  - Adults component
  - 6-12 Years component
- › Pathological Gambling Program
- › Inpatient Rehabilitation Program for Adults
- › Group Activities Program
- › Social Integration through Work Program
- › Network Services
  - Training and Clinical Consultation Service
  - Driver Evaluation Program

## ONTARIO

923 Ontario St. East, H2L 1P6  
514.525.1232 (1CDC)

- › Homeless – No Fixed Address Program

## COURT HOUSE

1 Notre-Dame St. East, H2Y 1B6  
514.392.1232 (1CDC)

- › Network Services
  - Court Evaluation Service

## PRINCE-ARTHUR

110 Prince-Arthur St. West, H2X 1S7

- › Substance Abuse Emergency-Triage Service, 514.288.1232 (1CDC)
- › Detoxification Program, 514.288.1232 (1CDC)
  - Withdrawal component
  - Recovery component
- › Living Environment and Social Reintegration Program, 514.288.1232 (1CDC)
  - Stop-Gap residences component
  - Foster Homes and Contractual Resources component
  - Social Reintegration component
  - Social Housing component
- › Clinique Cormier-Lafontaine, 514.282.6060

## SAINT-URBAIN

3530 Saint-Urbain, H2X 2N7  
514.982.1232 (1CDC)

- › Youth Program
  - Outpatient component
  - Inpatient Rehabilitation component
  - Educational Service component
  - Community Outreach component
  - Service for Family and Friends component
  - Justice component
  - Mental Health component

## POINTE-DE-L'ÎLE

13,926 Notre-Dame St. East, H1E 1T5  
514.642.2121

- › Intake, Evaluation and Orientation Service

[www.centredollardcormier.qc.ca](http://www.centredollardcormier.qc.ca)

