

SERVICE DESCRIPTION

YOUTH ALCOHOL & DRUG

DESCRIPTION:

This service provides prevention and treatment services for children, youth, and their families where substance abuse is a concern, or where someone is affected by the substance misuse of another. Services include assessment, individual counselling, group counselling, family counselling, case management, referral to specialized treatment resources. Prevention activities include increasing public awareness of substance abuse issues and community education regarding substance abuse issues. The service works in collaboration with mental health services to provide appropriate support to persons experiencing both substance misuse and mental health issues. The service works closely with local schools to provide prevention and early identification of substance misuse.

HISTORY:

This service has been delivered by SSICS on the Southern Gulf Islands since 1989 in order to provide people who live on the Islands with community-based alcohol and drug services. Funding shifted from the Ministry for Children and Families to Ministry of Health/Vancouver Island Health Authority in 2002. When the health authority shifted this service area from mental health to children's health in 2008 the service expanded from part-time to full-time.

POPULATION SERVED:

The service is available for youth and children who have addictions or problematic substance use issues, and/or who are affected by the substance misuse of others. Individuals who may have a serious and persistent mental illness are eligible for this service and may be served concurrently with a mental health counsellor. The service is available to all individuals and families on the Southern Gulf Islands.

GOALS AND EXPECTED OUTCOMES:

1. Decrease harmful substance misuse.
2. Improve emotional and mental health.

3. Improve work and/or school functioning.
4. Improve family, social and other significant relationships.
5. Increase understanding of addiction in self and in those affected by others substance abuse.
6. Increase community awareness of substance abuse issues.

SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:

1. Service delivery will be caring, respectful, safe and open.
2. People will be treated with dignity and respect.
3. Services will be provided in a discreet and confidential manner.
4. Services will include the promotion of wellness, healthy development and independence.
5. Service delivery will be person-centered including being flexible, individualized and involving the person served in setting the direction of service.
6. Services will be responsive and timely.

SERVICE DELIVERY ACTIVITIES:

1. **Assessment and Goal Planning.** The Counsellor works with the family and others to develop plans based on the individual needs assessment.
2. **Individual Counselling.** The Counsellor provides person-centered and solution-focused short term counselling. Counselling is strength-based and may include social and life skill development.
3. **Family Counselling.** Family-centered and solution-focused counselling that includes the entire family system and is strength based.
4. **Groups.** The Counsellor organizes groups at times to address common issues for persons served such as stress management, harm reduction or relapse prevention.
5. **Information and Education.** The Counsellor provides alcohol & drug education, prevention strategies and information to individuals, families, and the community.
6. **Case Management and Coordination.** The Counsellor communicates relevant ideas, goals and information to ensure services are delivered in an effective and holistic way.

7. **Referral and Advocacy.** The Counsellor refers individuals to other services as needed, and acts on their behalf when needed to obtain resources and services.

LOCATION:

Salt Spring Island: Salt Spring Island: Confidential meeting space is located at 134 McPhillips Ave (The Core Inn) and wheelchair accessible offices are located at 268 Fulford-Ganges Road and 120 Park Drive (Family Place). Services may also be provided in community locations including schools.

Youth from other Southern Gulf Islands (eg. Those attending school at Gulf Island Secondary School) may access service on Salt Spring Island or arrange for service in their own community if possible.

Hours:

Services are available Monday to Friday 9 am to 4 pm and after hours as required on Salt Spring Island. Services may be arranged on the other islands on an as needed basis.

STAFF RESOURCES:

The service is provided by one Counsellor. The Counsellor reports to the Director of Child, Youth and Community Living Services, and is part of the Child and Youth Services Team, a multi-service team including mental health, family support, school-based support workers, outreach worker and a consulting psychiatrist.

ACCESS TO SERVICE:

Individuals and families can access services through Salt Spring Island Community Services (250) 537-9971. Referrals are accepted from schools, RCMP, physicians or other healthcare providers, MCFD, community agencies or directly from individuals and families.

STANDARDS/REFERENCES/BEST PRACTICES:

1. CARF accreditation standards.
2. A New Way for Addiction Services: A Compendium to Focusing the Effort, ASAP BC
3. Best Practices Treatment And Rehabilitation for Youth with Substance Use Problems (Health Canada 2001)

4. Preventing Substance Use Problems among Young People: A compendium of Best Practices (Health Canada 2001)
5. Best Practices Concurrent Mental Health and Substance Use Disorders (Health Canada 2001)

FUNDING/SPONSORSHIP:

The service is funded by the Child, Youth and Family Health division of Vancouver Island Health Authority.

PARTNERSHIPS/KEY CONNECTIONS:

1. School District # 64
2. VIHA Youth Addictions
3. Queen Alexandra Hospital
4. RCMP
5. Youth Probation
6. Ministry for Children and Families
7. AA, NA
8. Restorative Justice
9. Association of Substance Abuse Programs of BC