



A Guide for Parents & Youth

Substance Use Services for Youth

Manitoba 



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This brochure provides an overview of the continuum of youth substance use and abuse services in Manitoba. At one end of the continuum are information and prevention services that aim to assist young people in making informed decisions about substance use. At the other end are stabilization and treatment services for youth with serious, persistent substance abuse behaviours.

To assist Manitobans in navigating the continuum of youth services and identifying an appropriate program to meet their needs, a new Centralized Intake – Youth Addictions Service has been created. Call **1-877-710-3999** toll-free or drop by the office at 165 St. Mary's Rd. in Winnipeg, to connect with an addictions counselor who can help you find a suitable program in your community.

Manitoba Health and Manitoba Healthy Living, Youth & Seniors fund a variety of addictions and substance abuse services for youth and adults across the province. A detailed directory of these services can be found at www.gov.mb.ca/healthyliving/addictions/index.html.

Information Services

Information for youth about substance use and abuse is available through a variety of sources. Information is also available to assist parents who are concerned about their son or daughter's substance use. For example, the Addictions Foundation of Manitoba (AFM) Library offers a wide range of resources. Mental health and addictions resources are also available through the Mental Health Education Resource Centre of Manitoba (MHERC) at 204-953-2355 in Winnipeg.

Prevention Services

Prevention services address the underlying factors that place youth at risk for substance abuse. Often this involves education and public awareness strategies. Substance abuse treatment organizations and other groups that work with youth deliver a variety of prevention services. For example, the AFM and the Behavioural Health Foundation provide presentations to schools, parents and youth organizations. Organizations such as Teen Talk and Resource Assistance for Youth (Winnipeg only), provide education, outreach and drop-in services that target youth at risk.

School-based Services

The AFM also provides school-based services in over 50 schools across Manitoba. As part of this service, youth addictions counselors provide prevention, assessment and counselling services to youth and their families. Offering these services in the school environment makes it easier for youth to access them and provides an opportunity for early intervention and outreach.

Community-based Services

Parents and youth can access community-based assessment and counselling in many communities across Manitoba. Counselors who provide community-based youth substance abuse treatment are available through each AFM regional office. Services may be short or long-term depending on the level of need. Parents can also obtain information and support for themselves if they are concerned about their child's substance use or abuse. For example, many AFM offices offer a Parents Intervention Program that gives parents information and strategies for influencing positive change in their son or daughter's use.

Residential Stabilization

Effective Nov. 1, 2006, a designated facility provides stabilization services for youth who are detained under the *Youth Drug Stabilization (Support for Parents) Act*. The facility's primary goal is to support young people as they rid themselves of the effects of substance use, and develop a treatment plan in collaboration with the affected individual.

The Behavioural Health Foundation also offers a voluntary stabilization service. This service is designed for youth who are willing take a break from using substances to consider their treatment options.

Residential Treatment

Both the Behavioural Health Foundation and the AFM offer residential treatment programs for youth. The Behavioural Health Foundation offers long-term residential programming using a therapeutic community model. The AFM's residential treatment services run for eight-week intervals. Both programs emphasize individual and family participation in the treatment process.

Post-treatment Support

Follow-up support for youth who are making the transition from residential treatment to their home communities is available through both the Behavioural Health Foundation and the AFM. Establishing and supporting a long-term plan that supports a young person's recovery in his or her home community is key to post-treatment support.

Centralized Intake –Youth Addictions Service

1-877-710-3999

Teen Talk 204-784-4010

Resource Assistance for Youth 204-783-5617

Addictions Foundation of Manitoba

	<u>Local</u>	<u>Toll-free</u>
Library	204-944-6279	1-866-638-2568
Western	204-729-3838	1-866-767-3838
Northern	204-677-7300	1-866-291-7774
Winnipeg	204-944-6200	1-866-638-2561

Behavioural Health Foundation Youth Services

General Intake: 204-269-3430



Questions and Answers

The following are questions parents commonly ask service providers about youth addictions:

My 15-year-old daughter tells me that marijuana is neither harmful nor addictive. How do I find accurate information about this and other drugs?

Web-based sources include the Canadian Centre for Substance Abuse (www.ccsa.ca) or the Addictions Foundation of Manitoba (www.afm.mb.ca). The AFM Library offers a variety of information sources and is open to the public. You may arrange to meet with a community-based counselor from AFM Youth Services if you wish to discuss concerns about your child and substance use. Your local school guidance counselor may also be able to provide you with information. In addition, a provincial government brochure that guides parents in talking to their children about crystal meth and other drugs is available. To receive a copy, please call the Mental Health Education Resource Centre in Winnipeg at 204-953-2355.

My 13-year-old son was caught smoking pot on school property - what should I do?

Many schools have a specific policy about drug use on school grounds. These policies generally include consequences for the youth involved and the role for parents. It is important that parents take the issue seriously; that they start a conversation with their child about alcohol and other drugs; and that they support any consequences the school imposes as a result of the young person's actions. There may be an opportunity to connect with a school-based addiction counselor or community-based youth substance abuse counselor to discuss the issue further. A good first step would be to call your local AFM office.

Where do I get information about how to have my daughter placed in a stabilization facility under the new legislation?

Contact the Centralized Intake – Youth Addictions Service toll-free line at 1-877-710-3999 for an explanation of the process, to find out more about the options available to you or get an application form.

Information is also available through the treatment agencies listed at www.gov.mb.ca/healthyliving/addictions/index.html or, through the Manitoba Health website www.gov.mb.ca/health/index.html.

My 16-year-old son refuses to get treatment even though he uses cocaine on a regular basis. What can I do?

Programs to support parents and the family are available in most communities. These programs will help you learn how to intervene with your son's drug use and get you the supports you need as a parent in this difficult situation. A counselor will be able to help identify your options. Contact the Centralized Intake – Youth Addictions Service to find the most appropriate resource in your community.

Both my husband and I have dealt with substance abuse issues in the past. Now our daughter who is 13 is starting to experiment with alcohol and marijuana. How can we get help as a family to ensure the pattern does not repeat itself?

The AFM offers a Parents Intervention Program that provides information, practical tools and strategies, and support to parents who are concerned about their adolescent son or daughter's use of alcohol and/or other drugs. The AFM also offers a Family Program in some locations, providing assistance to families in need through education, counseling and therapy services. A wide array of services are offered to meet the family's unique needs. There are also residential options in Manitoba for families struggling with alcohol and drug issues. For example, the Behavioural Health Foundation offers a residential family program.