

CME Connect – Adult Addictions (non-opioid)

MARCH 2021

Please note: This listing represents information gathered by the CWC PCN and does not represent formal endorsement of these programs and services by the CWC PCN.

Purpose

To provide information and resources for a variety of addictions including alcohol, smoking, and marijuana.

Resources

Program	Cost	Demographic	Description	Addiction focus	Approach	Referral
AHS Mental Health and Addiction	Publicly funded	Adults (18+)	<u>Community Addiction and Mental Health Clinics</u> Outpatient clinics that provide recovery and goal-based treatment that is time-limited (15-20 sessions).	For moderate to severe addiction and mental health problems.	Recovery Maintenance	Routine referrals via Access Mental Health. Urgent referrals via 911, ED, distress centre, Mobile response team.
		18-65 years of age (65 + is determined case by case).	<u>Adult Day Programs</u> Stabilization and treatment for individuals experiencing acute addiction and/or mental health concerns which significantly impact their daily functioning Location: Rockyview General Hospital.	No active substance use, primary Mood and/or Anxiety Disorder or Psychotic or Bipolar Disorder.	Maintenance	Physician referral required.

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		Adults Axis I diagnosis of Schizophrenia spectrum, other psychotic disorders, and Bipolar Disorder.	<u>Assertive Community Treatment</u> Provides comprehensive outreach services to adults with severe and persistent mental illness who experience difficulty engaging in less intensive addiction and mental health outpatient or community services.	Outreach to patients.	Harm reduction	Via Access Mental Health
		Adults	<u>Addiction Centre – Adult Day Program</u> Outpatient treatment of adults with both psychiatric and addictive disorders.		Recovery Maintenance	Via Access Mental Health
		18+ (to access online service).	<u>AlbertaQuits</u> <u>COVID-19 information</u> – Quitting during COVID. Resources, tools, and community support. Also provide education and resources for healthcare providers.	Tobacco quitting smoking or vaping.	Education Recovery Maintenance	Referral not required.
<u>Access Mental Health</u>	N/A	Adults, children and youth.	Resource navigation and advice for non-urgent cases.		Education Resource navigation	Self-referral or professional referrals.
<u>Addiction Helpline (AHS)</u>	Publicly covered	Adults and youth.	Telephone advice and service referral for adults and youth requiring addiction services.	Alcohol, tobacco, other drugs and problem gambling support, information and referral to services.	Education Resource navigation	Referral not required.
<u>AHS Adult Addiction Services</u>	Publicly covered	18+	A non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction.	Alcohol, drugs, gambling, or sex addiction.	Recovery	Walk-in, self referral and professional referrals.

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Rapid Access Addiction Medicine (RAAM)	Publicly covered	18+	A comprehensive physician and addiction counsellor led program managing all substance and behavioral addiction concerns (provided by AHS Adult Addiction Services) .	Alcohol, opioid, gambling, stimulants.	Recovery Maintenance	Walk-in, self referral and professional referrals.
AHS Addiction and Mental Health - Young Adult Treatment Program	Publicly covered Majority of funding provided by MOH, AHS. Human Services and Calgary Child and Family Services.	18-24	Substance abuse programs for individuals 18-24 years old in Alberta. Three programs and multiple locations across the province: <ul style="list-style-type: none"> • Aventa Addiction Services for Women program integrates trauma-informed and addiction recovery services for young adult women. • Enviros Wilderness School Association offers an intensive adventure-based wilderness addiction treatment program in a remote location for young adult men. • Poundmaker's Lodge provides services for young people, programming is Indigenous culture based and incorporates traditional Indigenous healing and ceremonial practices. 	Alcohol, other drugs and gambling.	Recovery	Professional referral required.
Safeworks	Publicly covered	N/A	Outreach program that offers same day safe supplies and pick up of used supplies. Testing for transmissible infections. Physical and mental health assessments. Overdose prevention and response. Anyone can access.	People who use drugs and other populations disproportionately affected by HIV and Hepatitis C.	Harm reduction	Referral not required.

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Renfrew Recovery Centre	Publicly covered	18+	24-hour detox and stabilization unit offering medically supported detoxification services to people while they withdraw from the effects of alcohol and other drugs, as well as gambling stabilization. Clients can refer themselves but referrals from healthcare providers also accepted.	Alcohol and/or other drugs, as well as gambling.	Detox	Self-referral or referral from other sources such as family, friends, hospitals, physicians, AA and a wide range of community and government agencies.
Calgary Alpha House	Charity agency, no cost to patient.	Adults	For men and women struggling with addictions, as well as mental and physical health issues. Operate a Shelter and Detox/Transitional facility, Outreach Programs, including the DOAP Team, Encampment Team, and the Needle Response Team, and Housing Programs with intensive case management support.	Alcohol and other drug dependencies.	Detox Harm reduction	Self-referral
Sunrise Healing Lodge *Accreditation Canada	Costs associated	18+	Indigenous based program that blends culture and the 12-step program. Offers inpatient or outpatient treatment and family counselling.	Alcohol, drug and gambling addictions.	Recovery Maintenance	Self-referral

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Alberta Adolescent Recovery Centre *Accreditation Canada	Costs associated clients receive a subsidy based on need.	12 to 21 years of age who are diagnosed with substance use disorder (DSM-5).	The AARC treatment program is specially designed for adolescents 12 to 21 years of age who are diagnosed with substance use disorder (DSM-5). The exceptional circumstances of adolescent addiction demand an exceptional treatment program. AARC recognizes addiction as a complex interaction between the biological, psychological, social, and spiritual. Our treatment model, widely endorsed by researchers, can most adequately explain the multidimensional nature of addiction.	Substance use disorder.	Recovery	Self-referral or referral from other sources such as family, friends, or professionals.
Alcove	Costs associated (unclear).	Adult women	Recovery center for women. Allows women to have children with them and complete treatment. 12-week program.	Addictions, experiences of abuse, and mental health distress.	Recovery	Self-referral or referral from other sources such as family, friends, hospitals, physicians, and a wide range of community and government agencies.
Simon House *Accreditation	Costs associated	Adult men	Recovery center for men licensed by Alberta Government as an inpatient drug and alcohol addiction treatment centre. Partner with AHS Opioid Dependency Program to support men taking OAT.	All addictions	Recovery Harm reduction	Self-referral
Fresh Start	Costs associated.	Adult men	Recovery center with a focus on men.	All addictions	Recovery	Self-referral

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<u>Dream Centre</u>	Costs associated	Adults	Recovery center. Does a lot of work with men but started programs for women now as well.	All addictions	Recovery	Self-referral or walk-in intakes (every Tuesday and Thursday morning from 8 a.m. to noon).
<u>SMART Recovery</u>	Non-profit, free Donation based	N/A	Self-help program based on CBT (particularly REBT) methods. Group sessions.	Addictive behavior (substances or activities).	Recovery Maintenance	Self-referral
<u>Boring Little Girls Club</u>	Free to join	Women, trans or non-binary persons.	Create and foster a community of sober women, non-binary and trans folks who support each other and have fun without alcohol and recreational drugs.	Substance use	Maintenance	Referral not required.
<u>Cirrhosis Care Alberta</u>	Publicly covered	Liver cirrhosis	Integrated community support for patients with advanced liver disease.	Alcohol	Education, community care	N/A