

## Rural Addiction Services

**Fort Qu'Appelle  
Community Health Services Centre  
178 Boundary Avenue, Fort Qu'Appelle  
Toll Free: 1-866-367-8743**

Addiction services in Fort Qu'Appelle include assessment, counselling, and referrals, as well as, the SGI Safe Driving Program. Regularly scheduled clinics are also held in Lestock, Balcarres and Raymore. Youth counsellors are also regularly available at schools in Fort Qu'Appelle, Balcarres, Punnichy, Lipton, Kelliher, and at the Echo Valley Youth Centre.

### Grenfell

**Grenfell Health Centre  
721 Stella Street, Grenfell  
(306) 697- 4032**

Addiction services in Grenfell include assessment, counselling and referrals for individuals experiencing problems with substances and/or gambling issues, as well as the SGI Safe Driving Program. Regularly scheduled clinics are also offered in Indian Head, Broadview, Whitewood and Moosomin. Services are available in Wolseley, Montmartre, and Rocanville upon request. Community education programs are also available.

## Dedicated Substance Abuse Treatment Unit - Regina Correctional Centre

The correctional addiction program is for prisoners at the Regina Provincial Correctional Centre. It is a dedicated inpatient unit that provides 5 weeks of structured programming, Monday to Friday. The treatment program includes individual counselling, educational workshops, and process groups to help self reflection.

## Drug Treatment Court

Drug Treatment Court (DTC) is a special, therapeutic court that diverts drug addicted offenders away from imprisonment into intensive treatment programming to address their addictive and criminal behaviours. To be eligible, adult offenders must have a residence in Regina and be dependent on drugs. Their criminal behaviour must have been caused or motivated by their addiction.

All DTC referrals are made through the Crown Prosecutors' office. For more information contact 766-6300.

## Secure Youth Detox Centre

The Secure Youth Detox Centre (SYD) provides involuntary detoxification and stabilization for drug abusing or dependent youth, age 12 to 17 years. Involuntary services such as this are considered a last resort for very high risk youth who are unable or unwilling to engage voluntarily in services for their drug problems. Some youth are eligible for mandated community based programming, rather than or following admission to SYD.

An intense program is provided by a multidisciplinary team from both the Health and Justice sectors.

For more information 787-7946.

## Executive Director Mental Health & Addiction Services

4th floor—2110 Hamilton Street  
Regina, SK  
S4P 2E3  
Phone: 766-6112  
Fax: 766-7606

Visit us on the web  
[www.rqhealth.ca](http://www.rqhealth.ca)

For 24-hour professional health advice  
and information, call

**HealthLine**  
**1-877-800-0002**  
[healthlineonline.ca](http://healthlineonline.ca)



## Addiction Services

## Mental Health & Addiction Services

## Welcome to Addiction Services

Manager  
766-6649

### Mental Health & Addiction Services includes:

Adult In Hospital Services  
Adolescent In Hospital Unit  
Mental Health Clinics  
Child and Youth Services  
Addiction Services  
Mental Health Promotion & Education

### Addiction Services provides group & individual programming such as:

- Comprehensive Day Treatment
- SGI Safe Driving Program
- Community Education
- Psycho-educational Groups
- Individual Counselling, Adults & Youth
- Community Outreach & Counselling
- Integrated Detox
- Problem Gambling Programs
- Adolescent Programs
- Secure Youth Detox
- Dedicated Substance Abuse Treatment Unit
- Harm Reduction Methadone Program

### Main Contact Numbers

Addiction Treatment Centre, Regina  
(306) 766-6600  
2110 Hamilton St. Location  
(306) 766-7910  
Fort Qu'Appelle 1-866-367-8743  
Grenfell (306) 697-4032

## Accessing Programs

For *general information* on all Addiction Services programs call 766-6600 or 766-7910.

To *access treatment programs* call either (306) 766-6650 (Victoria Ave) or (306) 766-7910 (Hamilton St) in Regina, (306) 697-4032 in the Grenfell area, and 1-866-367-8743 in the Fort Qu'Appelle area. Referrals are accepted from individuals (self referral), other agencies, physicians, the courts, employers, and schools. The assessment process includes a brief telephone interview followed by an appointment with an individual counsellor. This will assist in determining which program is best for each client.

### General Information

Addiction Services programs are available for any person who is dependent on, or affected by another's use of alcohol or drugs. Individuals are assessed according to their needs and placed in the most appropriate combination of programs and services. This could include individual counselling or group sessions for the client or family members. Aftercare follow up services are available for those who have completed programs.

## Addiction Treatment Centre 1640 Victoria Avenue Adult Programs

These programs can serve as either an entry point to services or a part of follow up care. This includes individual assessment and counselling.

### Comprehensive Day Treatment

This is a 21 day, group based, non residential program for substance abusing or chemically dependent adults. The program includes group and one to one counselling.

### Integrated Detox Program

This program provides a safe, controlled environment for individuals who are under the influence of alcohol or drugs or in a state of withdrawal. Clients may start in the 20 bed Brief or Intox Program or the 25 bed residential Social Detox program, depending on their individual needs.

### Community Education

Community education programs offered by this service include best practice models and focus on education and prevention, with an aim to create understanding of addictions in the community.

### SGI Safe Driving Program

Saskatchewan Government Insurance (SGI) refers impaired drivers to this program for screening purposes. When necessary, individuals are referred on to the appropriate program.

## Problem Gambling Programs 2<sup>nd</sup> Floor, 2110 Hamilton Street

A wide variety of treatment options are available including individual assessment and counselling, women's group, mixed support group and family support. A day treatment program provides 60 hours of highly focused intervention and is delivered as two - 5 day (Monday to Friday) components.

### Youth Programs 2<sup>nd</sup> Floor, 2110 Hamilton Street

Youth counsellors can be contacted either at participating Regina high schools or through the contact numbers (rural or urban). Programs include treatment facilities (open and closed), a school initiative, community outreach, prevention and education, and a Parent Awareness and Support Group.

### Dual Diagnosis Program 2<sup>nd</sup> Floor, 2110 Hamilton Street

This program is designed to work with individuals who have both a chemical addiction and a diagnosed mental illness. Individual counselling and therapeutic group services are available.

### Harm Reduction Methadone Program 1048 Albert Street

This program aims to reduce health and social risks for injection drug users and provide treatment services when desired. It aims to reduce overall injection drug use, drug related crimes and Hepatitis C and HIV infections in our community. For more information call 766-6350.