

# YOUTH PROGRAMS

## Provincial Youth Addiction Services



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Health PEI

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For more information or to make an appointment, call one of the Addiction Services sites in your area.

### Addiction Services:

#### Alberton

Addiction Services  
334 Church Street  
(902) 853-8670

#### Montague

Addiction Services  
Douses Road  
(902) 838-0960

#### Charlottetown

Provincial Addictions  
Treatment Facility  
(902) 368-4120  
1-888-299-8399

#### Summerside

Addiction Services  
Prince County Hospital  
(902) 888-8380

#### Souris

Addiction Services  
Souris Hospital  
(902) 687-7110

### Community Mental Health:

Richmond Centre  
368-4430

Montague  
838-0960

Summerside  
888-8380

McGill Centre  
368-4911

Souris  
687-7110

Alberton  
853-8670

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ONE ISLAND FUTURE

ONE ISLAND HEALTH SYSTEM

### Student Assistance Programs (SAP)

Addiction Services partners with the Dept. Of Education to provide in school intervention programs for children and youth who are involved with alcohol or drugs. Programs are also available for youth who have been affected by someone else's addiction. More information on these programs is available from your school counsellor.

### Parent Support

Kids and Drugs is a prevention program for parents of younger children who do not use. Counselling, support and education is available for parents of youth who do use. Counselling is also available for children impacted by another's use. Please call for information.

### Strength

The Strength Program offers a range of programming supports for youth and families who are dealing with intensive substance abuse and addiction issues. It is an 8 week day treatment program that your Addiction Counsellor can refer you to if needed.



# DO I NEED HELP?

If you are a young person whose use of alcohol or drugs is causing you or your family concern, Addiction Services may help.

You may be harmfully involved with substances if you:

- Find it hard to concentrate in class because you are thinking about drinking or using
- Hide your substance use from friends and family
- Miss school or work due to using
- Your friends tease you on Monday morning about what you did while you were high or drunk on the week-end
- Are scared your substance use has gotten out of control
- Are worried about someone else's substance use

## Youth Who Use:

Youth Addiction Counsellors, who are available across the province, provide education, assessment and counselling. Counsellors work with you to explore how alcohol and drugs / gambling impact your life. They will help you create your own goals that are matched with your level of motivation toward change.

## Youth who are affected by someone else's use

Youth who are concerned with someone else's use of alcohol/drugs/gambling can meet with a counsellor to assess the impact of addiction on their lives.

Counsellors are available to provide education and support for youth who are affected by Addiction in their daily lives.

Focus is placed on helping the youth develop positive coping skills.

## Outreach Services

PEI has two Youth Addiction Outreach Counsellors who can visit you in your community. They work most afternoons, evenings and some weekends so you will have more options for support.

The Early Intervention Specialist works in schools and communities providing information, education and programs to youth who may be harmfully involved with drugs or alcohol. This role also works with Youth Addiction Counsellors, and other community supports to help you get the service you need.

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