

VCH Youth and Family Substance Use & Concurrent Counselling Program

VCH Youth & Young Adult Counsellors (YYACs) are part of the Youth and Family Substance Use and Concurrent Program (YFSUCP). They are Master's level trained counsellors who provide counselling services to youth, young adults and their families around substance use and mental health concerns. Youth aged 24 and under who are affected by their own or a family member's substance use may access the services of a YYACC. There is no waitlist and youth receive priority access. Intake, screening, assessment and referrals are part of the services provided by the YYACC's.

Grounded in a trauma-informed, strengths-based and youth centered practice, YYACC's use a variety of therapeutic modalities in their work and are trained in; motivational interviewing, CBT, DBT, narrative, brief or solution focused, family therapy, interpersonal therapy, group therapy – both process and psychoeducational. If the need for psychiatric assessment arises there is access to psychiatrists who work in collaboration with the YYACC's to support the youth.

Although specialized in addiction services, YYACC's are also able to provide counselling services that address other areas of concern for youth that co-occur with substance use concerns. Such as:

Anger	Grief and loss
Trauma	Exploitation
Relationships	Abuse
Identity	Sexuality
Chronic suicidality	Self-harm
Eating issues	Family issues
Sexual trauma	Gender
Poverty related issues	Criminality
Mental Health (co-occurring with substance use only)	Process addictions (co-occurring with substance use only)
Gang involvement/exiting	Client support and system navigation

To make a referral or learn more about services including group offerings, please contact a Youth and Young Adult Counsellor at any of these Community Health Centres:

Three Bridges CHC 1290 Hornby Street (downtown at Drake & Hornby St)	Corinne Logan Tel: 604-306-7870 Corinne.logan@vch.ca (Mon – Fri)
Robert & Lily Lee Family CHC 1669 E. Broadway (near Commercial Drive Skytrain station)	Curtis Yamada Tel: 604-220-1893 Curtis.Yamada@vch.ca (Mon-Fri) Robyn Kozak Tel : 604-219-9330 Robyn.Kozak@vch.ca

Pacific Spirit CHC 2110 W 43 rd Ave (in Kerrisdale)	Jamie Whitehead Tel : 604-837-8719 Jamie.Whitehead@vch.ca (Mon,Tue)
Raven Song CHC 2450 Ontario Street (a few blocks east of Main; at Ontario & Broadway)	Lisa Yeates Tel: 604-313-2299 Lisa.yeates@vch.ca (Mon-Fri) Jamie Whitehead Tel : 604-219-9330 Jamie.Whitehead@vch.ca (Wed, Thur, Fri)

School Based Prevention Initiatives

STAR Project

[STAR](#) is a prevention initiative serving elementary schools. The STAR curriculum provides education and information about choices, drugs and responsibility. The curriculum includes five sessions for Grade 7 students and four sessions for Grade 5 students and covers topics such as alcohol and drug basics, healthier choices, myth busting, refusal skills and the value of self care. STAR facilitators provide interactive sessions where young people are encouraged to recognize resilience within themselves and their community.

If you are interested in inviting STAR into your classroom contact [Watari](#) Youth, Community and Family Services at 604-254-6995 or info@watari.ca

For more information about prevention services delivered by VCH and VCH contracted agencies, please contact:

Kelly Eaton will have contact info – is admin support for SACY and concurrent disorders

Youth Withdrawal Management (Detox)

To access community-based youth withdrawal management services please contact one of the Youth Addiction & Concurrent Disorder Counsellors listed above.

Alternatively, either of the following services can be contacted directly:

VCH Toll-free Youth D-Talks Intake	Toll-free line: 1-866-658-1221 Hours: 9:00 am - 7:45 pm
Detox for Youth aged 16-21	Family Services of Greater Vancouver Main Tel: 604-731-4951 Detox Tel: 604-872-4349 Toll-free, after hours intake: 1-877-872-4349
Detox for Youth aged 16 and under	PLEA Community Services Society Tel: 604-871-0450 Fax: 604-871-0408



SACY: School-Aged Children & Youth Substance Use Prevention Initiative

[SACY](#) is a partnership of the [Vancouver Board](#) of Education and [VCH Youth Addictions & Prevention Services](#). SACY delivers a range of school-based youth and family health promotion, substance use prevention and early intervention services within Vancouver. SACY focuses on increasing the capacity of schools, families and communities to prevent, delay and reduce substance use and associated problems and harms.

SACY delivers coordinated, strengths-based prevention and early intervention strategies via four streams of service:

1. Youth Prevention and Engagement
2. Parent Engagement
3. Curriculum, Teacher Training and School Environment
4. Alternative-to-Suspension Programming

SACY Youth Prevention and Engagement staff offer a range of student-centred services including workshops, classroom education sessions and brief intervention services for youth requiring intensive support. Staff focuses on developing positive engagement opportunities for youth in schools and the surrounding community. For staff contact information please visit: <http://www.vsb.bc.ca/sacy/contacts>

SACY Parent/Family Engagement staff offer parent education workshops on communication skills, maintaining connection with youth, relating to adolescents who are using substances and Internet overuse. Parent stream workers also facilitate referral to counselling and intervention supports. Parent and Youth stream cooperatively offer *Capacity Cafes* - a unique opportunity for youth voice to inform adults' awareness's and understandings. For staff contact information please visit:

<http://www.vsb.bc.ca/sacy/contacts>

SACY Curriculum & Teacher Training

SACY supports administrators and teachers in building capacity for prevention within the school community and classroom by offering professional development opportunities that are district-wide and can be tailored to meet the needs of a given school. For more information please contact the Manager of Substance Use Health Promotion at the Vancouver Board of Education: Art Steinmann asteinmann@vsb.bc.ca

STEP- SACY Teen Engagement Program

STEP accepts voluntary and mandated referrals for youth attending VSB schools. STEP is a 3-day closed group program staffed by experienced specialists/facilitators. STEP is evidence-based and aims to enhance youths' capacity to make safer decisions regarding alcohol and drug use increase youths' awareness of their own personal values, interests and passions. STEP is a 'Stream' of the SACY initiative and as such is extensively connected to Youth Prevention/Engagement stream and Parent/Family Engagement stream thereby providing follow-up and "wrap-around" services. For more information including referral documentation and procedures please contact the STEP Coordinator Kristina Spring at 604-612-8959 or sacystep@vsb.bc.ca

Results

An external evaluator has conducted ongoing evaluations of SACY. Reports are available at: www.vsb.bc.ca/sacy

For more information about SACY and relevant contact particulars, please visit our website www.vsb.bc.ca/sacy

SACY LRP (Leadership & Resiliency Program)

The SACY Leadership and Resiliency (LRP) program is a strengths-based youth leadership and engagement program serving late-elementary and early-secondary school aged youth in Vancouver. It is a new initiative starting in the Fall of 2015.

Operating year round, the SACY LRP offers youth a range of engagement opportunities to support their healthy development, personal growth and connection to their local community. The program has three distinct components:

1. Weekly, youth driven therapeutic/capacity enhancing groups
2. Monthly adventure based activities
3. Monthly community volunteer opportunities

The LRP will also work with parents and families to provide a family connection to LRP activities and youth's goals, as appropriate.

The goal of the program is to support the participants' (and their families where possible) experiences of healthy relationships, encourage them to set goals for the present and their future, and to promote the development and use of healthy coping strategies/life skill. Youth who could benefit from increased connection to peers, adults, school and community and who may also have challenges with school refusal, isolation, substance use, and/or mental health concerns may be considered for involvement in the LRP program, if available, at their school or program site.

To learn more about the program please visit vch.ca/sacylrp

For more specific information or if you'd like to learn more about referral, please contact:

Jen Donovan, SACY LRP Project Lead

Jen.Donovan@vch.ca

Office: 604-714-2747 Ext. 250