

YOUTH ADDICTIONS TREATMENT CENTRE

(Central Health Authority, Grand Falls-Windsor, NL)

Background

A Treatment Centre for Youth with Addictions is currently being established by the Central Health Authority within the Town of Grand Falls - Windsor, NL. The Centre will be a provincial service offering withdrawal management and stabilization services, and residential addictions treatment specifically for youth. Planning and development of the Youth Addictions Treatment Centre has begun within the Central Health Authority in consultation with the Department of Health and Community Services.

The Youth Addictions Treatment Centre will serve youth between the ages of 12 and 18 years residing in the province of Newfoundland and Labrador.

About the Youth

Youth who are referred to the Youth Addictions Treatment Centre will demonstrate symptomatology or diagnosis of substance abuse disorder, an inability to control use of substances in a lower intensity of level service, and risk of continued deterioration as a result of their environments.

Some youth may have co-existing mental health issues, and may have been experiencing difficulty functioning in typical roles in the home, at school and in the community. For some youth, use of alcohol and/or other substances may have become a way to cope with problems they have been experiencing in their daily lives and within their environments.

About the Program

The clinical model of care will include individual, group, and family interventions. The clinical model will consist of evidence-based treatment approaches that match the youth's individual needs, engage and involve the family, and support a structured aftercare program.

Youth will be provided with a highly structured environment with activities that occupy a full day - all within a therapeutic milieu. An accredited educational component will comprise a minimum of 3 ½ to 4 hours daily. Youth will engage in therapeutic activities based on their own interests and aptitudes and attend school on-site with learning goals based on their identified learning needs.

The average length of stay at the Youth Addictions Treatment Centre will be three months however youth may stay for longer periods of time depending on their individual needs.

Staff will work closely with families of the youth to ensure that the youth's transition home following treatment is positive and family members are equipped with the tools to continue to support the youth.

As the Youth Addictions Treatment Centre is a provincial facility, many youth will be living away from home while receiving services. For this reason, an apartment will be available within the Centre for family members to use.

About the Facility

The Youth Addictions Treatment Centre will provide 12 residential beds in a safe, warm and welcoming non-institutional setting. There will be three separate living areas housing a maximum of four youth. Each living area will consist of four single rooms with attached baths, a kitchen, and a lounge.

The remainder of the Centre will house educational and recreational facilities, treatment spaces, and offices for clinical and administrative staff. There will be generous availability of indoor and outdoor space for leisure and recreational activities.

Assessment and Treatment

All referrals for admission will be screened by the Youth Addictions Treatment team through an in-depth screening and intake process to gather all pertinent information in developing an individualized treatment plan for each youth.

Treatment Team

The treatment team will consist of a program manager and staff from specialized clinical fields in addictions and mental health practice such as: child and youth care, nursing, occupational therapy, psychiatry, psychology and social work. There will be a teacher on-site offering the educational component of the youth's individualized care plan. The Youth Addiction Treatment Centre will be staffed 24 hours a day as it is a residential facility.

Contact Information

For additional information pertaining to the Youth Addictions Treatment Centre, please contact:

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