

YOUNG ADULT SUBSTANCE USE PROGRAM

The Young Adult Substance Use Program YA-SUP is designed to meet the unique needs of young adults (17-25 years of age)

Young adulthood is an "in-between" period of transitioning from adolescence to adulthood. It is a unique time for self-discovery, building relationships, and becoming independent. Many young adults also experience lots of uncertainty and change. This can make the transition challenging to navigate.

The Young Adult Substance Use Program (YA-SUP) aims to meet these unique needs. We offer 2 separate streams. There is a Young Adult Stream for young adults (17-25) looking to make changes to their substance use. We also offer a Loved Ones stream, for loved ones of young adults with substance use problems.

OUR MISSION

Our mission is to provide young adults with the support and skills to:

- 1.Reduce the negative impacts of substance use** on young adults' lives. This can be abstinence, reduced use, or using harm reduction strategies.
- 2.Improve mental health and wellbeing** by considering the whole-person.
- 3. Increase substance-free activities** to create a pleasurable life that aligns with their goals.

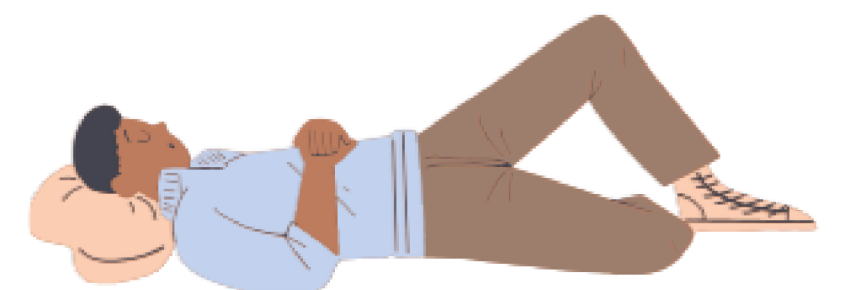
WE VALUE

- Providing **young adult centered** care
- Creating a **safe(r) space**
- Considering the **whole person**
- **Collaboration** with young adults and community partners
- Using **evidence-based** practices and contributing to evidence

We have a collaborative team made up of:



Mental Health Worker
Community Support Counsellors
Nurse Practitioner
Psychologists



Clinical Practicum Students
Substance Use and Mental Health Researchers



Visit our website

St. Joseph's
Healthcare  Hamilton

www.cdcapacitybuilding.com/youth-program

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12 Week Structure

Intake Appointment

To start in the program, we provide 2 one-on-one intake appointments ~1 week apart.

- Intake Part A: assessment of needs and goals
- Intake Part B: feedback on first assessment



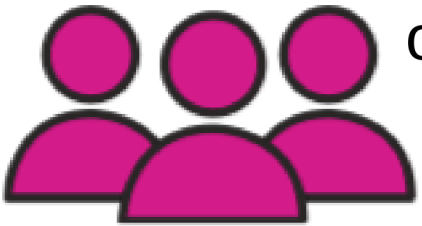
Check-In Sessions

We offer 5 individual check-in sessions with a mental health professional

- Ongoing support
- Personalized goals and progress monitoring

Measurement Based Care

At the start of your first intake, we ask all young adults to complete a survey. This survey asks questions about your quality of life, mental health, and substance use. We go over your results with you during your one-on-one sessions. This survey is used to develop a care plan that fits your needs. We repeat these surveys a few times over the course of the program to track your progress. This lets us know what is working, or what is not working, to optimize your care. You can choose to contribute your survey data to our research studies.



GROUPS

We offer groups on various topics that support self-discovery and self-management of young adults. Your main provider will often be a co-leader for the groups.

We offer both closed and drop-in groups (in-person and virtually). Groups include: emotion regulation skills group, cognitive therapy skills group, planning for the weekend art group, and loved-ones education group

CONSULTS

You may meet with a Nurse Practitioner or Psychologist. Consults can help clarify diagnoses, recommend medications, and conduct additional testing (time-limited). YA-SUP is not intended for those only requiring access to consults.

WHO TO REFER

- Young adults age 17-25
- Young adults who are looking to make changes to their substance use
- The YA-SUP is **not** a crisis resource. If you are in an immediate crisis, please call the Crisis Outreach and Support Team (COAST) at 905-972-8338 or go to your local Emergency Department.

HOW TO REFER

CONNECT (self or professional)

(905) 522-1155 ext.36499

Call the program directly for a RAPID INTAKE

(905) 522-1155 ext. 39207

yasupreferral@stjosham.on.ca

INTERNAL REFERRALS

via DOVETALE

The YA-SUP is one part of a complex health and mental health system. We want to work together with current health and mental health providers to share care and collaborate to optimize treatment.

www.cdcapacitybuilding.com/youth-program