

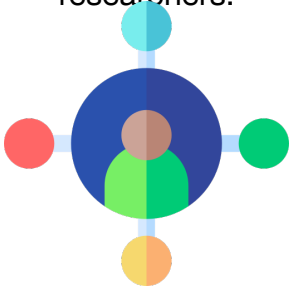


We Value:

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

We have a **multidisciplinary and collaborative team** including:

a Mental Health Worker, Community Support Counsellors, Nurse Practitioner, Psychiatrist, Psychologists, clinical practicum students, and substance use and mental health researchers.



Meet the team on our website!

<https://www.cdcapacitybuilding.com/youth-program>



Who is this program for?

- Young adults age 17-25
- Young adults who are looking to make changes to their substance use
- Young adults committed to attending group-based treatment
- Young adults not in immediate crisis

We want to work together. 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.



How to refer?

CONNECT MHAP (*self or professional referrals*)

(905) 522-1155, Ext.36499

Clinicians within the St. Joseph's Healthcare Hamilton system can **make internal referrals** via Dovetale

<https://www.cdcapacitybuilding.com/youth-program>

email us at yasup@stjosham.on.ca

YOUNG ADULT SUBSTANCE USE PROGRAM (YA-SUP)

A program designed to meet the unique needs of young adults (17-25 years of age)



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

- 1 Reduce the impact of substance use** on young adults' lives, whether that be through abstinence, reductions in use, or other harm reduction approaches.
- 2 Improve mental health and wellbeing** by focusing on the whole-person.
- 3 Increase engagement in substance-free activities** and create a life that is in alignment with their values and goals.

Loved Ones Education Group



This group is for the parents and other supporters of young adults (17-25 years of age) with substance use problems. This may include immediate, extended, or chosen family members or close friends and partners.

The group is based on **Community Reinforcement Approach to Family Training – Support and Prevention (CRAFT)**. CRAFT can help you change the way you interact with your child or loved one to promote positive relationships and recovery.

If you are interested, please register on the webpage: <https://www.cdcapacitybuilding.com/youth-program>

The Young Adult Stream revolves around a core 12-week structure and includes:

Five individual sessions including:

- ✓ **Intake assessment** (2 hours) + survey
- ✓ **1-week feedback session** (1 hour) where we will review results from the initial survey
- ✓ **Check-ins** (1 hour) at weeks 4, 8, and 12 + surveys

These sessions use motivational and nonjudgmental approaches to help you identify and reach your substance use and wellness goals.

The surveys help us develop a personalized care plan and track progress over time (**measurement-based care**). We go over your results during the check-ins.

Daily Group Programming including:

- ✓ **Mind-Drug Connection** based in Cognitive Behavioural Therapy and Relapse Prevention.
- ✓ **Balancing Emotion and Mind** based on Dialectical Behavioural Therapy.
- ✓ **Mindfulness** based on Mindfulness-Based Stress Reduction.

More groups coming soon.

We recommend attending 2 or more groups per week.

★ Young adults can continue accessing groups even after individual sessions are completed. ★



The core of the YA-SUP is evidence-based group programming. Most groups are drop-in and currently offered virtually.

Consultations

Time-limited consultations with a Nurse Practitioner, Psychiatrist, or Psychologist *may* be offered to help clarify diagnoses, recommend medications, and conduct additional testing. YA-SUP is **not intended for those only requiring access to consults.**

Get more details here: <https://www.cdcapacitybuilding.com/youth-program>