

MISSION

OUR MISSION IS TO PROVIDE YOUNG ADULTS WITH THE SUPPORT AND SKILLS TO:

✓ REDUCE THE IMPACT OF SUBSTANCE USE

- whether that be through abstinence, reductions in use, or other harm reduction approaches.

✓ IMPROVE MENTAL HEALTH AND WELLBEING

- by focusing on the whole-person.

✓ INCREASE ENGAGEMENT IN SUBSTANCE-FREE ACTIVITIES

- and create a life that is in alignment with their values and goals.

WE HAVE A MULTIDISCIPLINARY AND COLLABORATIVE TEAM INCLUDING:

A MENTAL HEALTH WORKER, COMMUNITY SUPPORT COUNSELLORS, NURSE PRACTITIONER, PSYCHOLOGIST, CLINICAL PRACTICUM STUDENTS, AND SUBSTANCE USE AND MENTAL HEALTH RESEARCHERS.

WHO IS THE 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

HOW TO REFER

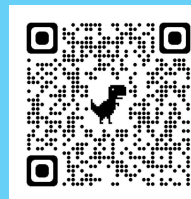


CONNECT MHAP (SELF OR PROFESSIONAL REFERRALS) (905) 522-1155, EXT.36499

CLINICIANS WITHIN THE ST. JOSEPH'S HEALTHCARE HAMILTON SYSTEM CAN MAKE INTERNAL REFERRALS VIA DOVETALE

EMAIL US AT YASUP@STJOSHAM.ON.CA

For additional info on the YASUP program scan the QR code or visit <https://www.cdcapacitybuilding.com/youth-program>



YA-SUP

YOUNG ADULT SUBSTANCE USE PROGRAM

St. Joseph's
Healthcare  Hamilton

A 12 WEEK PROGRAM DESIGNED TO MEET THE UNIQUE NEEDS OF YOUNG ADULTS (17-25 YEARS OF AGE)

THAT INCLUDES 5 INDIVIDUAL SESSIONS WITH A MENTAL HEALTH CLINICIAN & GROUP PROGRAMMING

WE ALSO OFFER A LOVED ONES STREAM, FOR LOVED ONES OF YOUNG ADULTS WITH SUBSTANCE USE PROBLEMS.

VALUES

- 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

Harm Reduction

THE HUB HAMILTON

The HUB provides harm reduction supplies such as clean pipes, needles, and naloxone kits. The HUB operates a drop in every night from 5-9 where clients can access food, clothing and hygiene supplies, housing supports, and HIV/HEP C testing.

Visit thehamiltonhub.org for more info!

HAMILTON URBAN CORE

Harm reduction is provided at Urban Core through their consumption and treatment service (CTS). This program offers a safe environment, along with counselling, referral services and harm reduction education & supplies as well as immediate support in the event of an overdose.

Visit <http://hucchc.com/> for more info

THE AIDS NETWORK

The Van program is a confidential service that travels anywhere in Hamilton and is available at a requested meeting spot. A mobile van will deliver new needles and harm reduction supplies and receive for safe disposal any used harm reduction supplies upon request. If you are looking to contact The Van, please text or call (905) 317-9966.

HAMILTON REGIONAL INDIAN CENTRE

The Aboriginal Alcohol and Drug Worker Program (AADWP) is to assist Aboriginal people in addressing alcohol/drug issues and preventing or minimizing the negative effects of addictive substances for aboriginal individuals, families and communities.

Visit hric.ca for more info

CRISIS SUPPORTS



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,

Barrett Centre at 905-529-7878 or go to your local Emergency

Department.



NORS

National Overdose Response Service

1-888-688-NORS(6677)

Email: weloveyou@nors.ca

Black Youth Helpline

416-285-9944

LGBT Youth Line

1-800-268-9688

or txt 647-694-4275

Six Nations Mobile Crisis Services

1-866-445-2204 or txt 226-777-9480

Resources & Activities

RE-CREATE

RE-create welcomes youth artists who identify as experiencing marginalization and barriers in their day to day life, whether that is weathering the storms of mental health issues, living independently at a young age, or experiencing precarious housing or income. Visit their Instagram or website for more info and drop-in hours.

LIVING ROCK

Living Rock offers programs and services to youth ages 13-25. They provide a continuum of care for youth and their children, while offering opportunities for personal development, life-skills and employment training.

Visit livingrock.ca for more info

YOUTH WELLNESS CENTRE

St. Joseph's Healthcare Hamilton's Youth Wellness Centre is a safe environment for young people age 17 to 25 to receive expert care for mental health and substance use issues. YWC offers 3 different support streams and a variety of drop-in programming.

Visit reachouthamilton.ca for more info

ALTERNATIVES FOR YOUTH

Alternatives for Youth provides community-based substance use and addiction treatment services that engage and mobilize youth ages 13-25 and their families.

Visit ay.on.ca for more info